

My British readers will recognize this American treat as a version of their Yorkshire pudding. Eat popovers plain, fresh out of the oven, or sprinkle them with powdered sugar, add a drizzle of honey or syrup, or a dab of your favorite fruit preserve.

Popovers

2 eggs
1 cup (250 ml) milk
1 cup (250 ml) all-purpose flour
1 Tbs (15 ml) melted butter
1/4 tsp (1 ml) salt

Generously butter 6 custard cups or a popover pan and place in the oven while it preheats to 450F (230C). Combine the eggs, milk, flour, salt, and melted butter in an electric blender and process for 30 to 40 seconds. Pour the batter into the hot custard cups, filling them no more than 2/3 full. Bake in the center of the oven for 20 minutes. Reduce the heat to 350F (180C) and bake an additional 10 to 15 minutes, until the popovers are puffed and cooked through. Serve warm, can be frozen after baking. Makes 6 popovers.

Bon appetit from the Chef at World Wide Recipes