

POPOVERS

Serves 6.

By Dennis W. Viau; modified from many recipes.

Popovers are surprisingly easy to make, despite all the “rules” on the Internet. I tried everything and the results were almost always the same. The best guide I saw was on the King Arthur Flour web site. It said to ignore all those rules and just mix everything up and pour it into a popover pan. Bake and enjoy.

For this recipe I use a 6-cup popover pan.

Ingredients:

2 large eggs, room temperature
¾ teaspoon salt (1 teaspoon if you like salt)
1 cup (240ml) milk, room temperature
1 tablespoon butter, melted (clarified butter is okay)
1 cup (5 ounces/142g) all-purpose flour

Directions:

Heat your oven to 425°F (about 220°C).

Combine the eggs and salt in a medium-large mixing bowl. Blend with a whisk.

Add the milk and blend again. Then add the melted butter and stir.

Add the flour and blend until almost smooth. Small lumps are okay.

For convenience, transfer the mixture to a large measuring cup or a pitcher for easy pouring.

Pour the batter into the cups of a well-greased popover pan, filling each cup about ¾ full.

Bake 30 to 40 minutes until browned, longer if you want them darkly browned.

Transfer the popovers to a cooling rack and let cool a few minutes, then serve. They are best enjoyed soon after coming out of the oven.

The **Step By Step** guide begins on the following page.



STEP-BY-STEP

1



In a medium-large bowl blend the eggs and salt until combined. Some recipes say to whip them until frothy, but in my experiments I found that to be unnecessary. You could even mix them with a fork.

2



Add the milk and blend well.

3

Add the melted butter and stir the liquid. The butter won't combine with the milk mixture, yet. And this step is why you want the eggs and milk at room temperature. If they are cold, the butter will congeal into a lump.

4

Add the flour and combine into a batter. The mixture doesn't need to be whipped until perfectly smooth. Small lumps are okay.

5



It's easier to pour the batter into the popover pan cups rather than use a spoon or ladle, or pour from the bowl. Use a large measuring cup or small pitcher. Fill the cups about $\frac{3}{4}$ full.

6



Bake in a 425°F (220°C) oven 30 to 40 minutes until browned. If you prefer your popovers to be a darker brown, you can increase the baking time. Transfer them to a cooling rack to cool slightly, then serve.

Conclusion

Popovers are surprisingly easy to make and they come out perfect almost every time. I experimented a lot and there was very little variation between the recipes. I saw no failures. The only difference was the amount of rising; some rose slightly higher than others.