



# Sparkle Kitchen

## Popovers (gluten free)

### Ingredients:

- 1 cup all purpose gluten-free baking mix\* Like Bob's Red Mill All-Purpose Gluten Free Flour
- 1 cup milk of your choice (We used rice milk.)
- 1 tbsp melted butter
- 1/4 plus 1/8 tsp salt
- 3 eggs

### Directions:

All of these ingredients need to be at **ROOM TEMPERATURE**. Joy of Cooking says 70°. (Don't do what I did on the first batch, and say "Oh, golly there's no time to get these silly eggs to room temperature. How important can that be?" It's important. )

Preheat the oven to 450°. Butter the muffin or popover tin. (And butter it well!)

Mix the flour, salt, milk and melted butter until it's combined. It will be like a thin pancake batter. Add the eggs, one at a time, and beat in until just mixed. (Note: do not over-mix!)

Place the muffin tin in the oven for three minutes and allow to heat. Pour the batter into the muffin tin, filling each cup to only 3/4 full.

Bake at 450° for 15 minutes. Without opening the door to peek to see if they are rising (no peeking!), lower the temperature to 350° and bake for another 20 minutes. (On our best batch out of four, we didn't peek at all! Not even through the door with the light!)

Cool for a moment on the cooling rack. Remove popovers from tin, slit the tops with a knife to release steam, add a good pat of butter (or flax oil), and serve. Yum!