



Sparkle Kitchen

Popovers

Ingredients:

- 1 cup flour, sifted
- 1 cup milk (of your choice. We used rice milk.)
- 1 tbl melted butter
- 1/4 tsp salt
- 2 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!