



popovers

SERVINGS

10 popovers

TIME

20 minutes hands-on,
1 hour total

INGREDIENTS

- 3 large eggs
- 2 cups milk, heated to 110°F degrees (approximately 1 minute in a microwave in a glass measuring cup)
- 3 tablespoons unsalted butter, melted and cooled a bit
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon sugar

EQUIPMENT

- Popover pan or muffin tin
- Medium bowl + whisk or fork
- Large bowl + spatula
- Liquid and dry measuring cups and measuring spoons
- Toothpicks

DIRECTIONS

- Adjust rack to bottom third of oven and leave enough space for popovers to rise. Preheat oven to 450°F. If using popover pans, do not grease. If using a muffin tin, grease the insides with butter or spray and dust with flour.
- Crack eggs into a medium bowl and beat with a fork until foamy. Slowly whisk in milk and butter until mixed.
- Measure flour, salt, and sugar into a larger bowl. Whisk to combine. Pour about $\frac{3}{4}$ of milk/egg/butter mixture into flour mixture and whisk until no lumps remain. Add in remaining milk/egg/butter and whisk to combine.
- Fill popover cups or muffin tins $\frac{2}{3}$ full. Fill any unfilled cups $\frac{1}{3}$ full with water. Bake 15 minutes at 450°F, then without opening the oven, reduce the oven temperature to 300°F and bake 10 minutes more. Open oven and prick each popover once or twice. Bake another 5 minutes. Prick again when you remove them from the oven. Let cool 2 minutes in pan.

TIPS TO INVOLVE THE KIDS

- Wash your hands!
- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- If appropriate, have your child crack the eggs.
- Have your child measure out the ingredients, add them as directed, and stir.
- Help your child use a measuring cup to add batter to the popover cups or muffin tins.

EXTRA!

- It's fun to watch them rise in the oven!

