

Popovers

WHY THIS RECIPE WORKS

Greasing the pans with shortening ensures the best release, but vegetable oil spray may be substituted; do not use butter. To gauge the popovers' progress without opening the oven door, use the oven light during baking. Bread flour makes for the highest and sturdiest popovers, but an equal amount of all-purpose flour may be substituted.



INGREDIENTS

- 3 large eggs
- 2 cups low-fat milk, heated to 110 degrees
- 3 tablespoons unsalted butter, melted and cooled slightly
- 2 cups bread flour
- 1 teaspoon salt
- 1 teaspoon sugar

INSTRUCTIONS

Unlike most popover batters, this one is smooth, not lumpy. High heat is crucial to the speedy, high rise of the popovers. Popovers made in a 12-cup muffin tin won't rise nearly as high as those made in a popover pan, but they can still be quite good.

1. Adjust oven rack to lower-middle position and heat oven to 450 degrees. Grease 6-cup popover pan with vegetable shortening, then dust lightly with flour. Whisk eggs in medium bowl until light and foamy. Slowly whisk in milk and melted butter until incorporated.

2. Combine flour, salt, and sugar in large bowl. Whisk three-quarters of milk mixture into flour mixture until no lumps remain, then whisk in remaining milk mixture. Transfer batter to large measuring cup, cover with plastic, and let rest at room temperature for 1 hour. (Alternatively, batter can be refrigerated for 1 day. Bring to room temperature before proceeding with recipe.)

3. Whisk batter to recombine, then pour into prepared popover pan (batter will not quite reach top of cups). Bake until just beginning to brown, about 20 minutes. Without opening oven door, decrease oven temperature to 300 degrees and continue to bake until popovers are golden brown all over, 35 to 40 minutes longer. Poke small hole in top of each popover with skewer and continue to bake until deep golden brown, about 10 minutes longer. Transfer popover pan to wire rack. Poke again with skewer and let cool for 2 minutes. Turn popovers out onto wire rack. Serve.

MAKES 6 POPOVERS

TO MAKE AHEAD: Once popovers have cooled completely, they can be stored at room temperature in zipper-lock bag for 2 days. To serve, adjust oven rack to middle position and heat oven to 400 degrees. Heat popovers on rimmed baking sheet until crisp and heated through, 5 to 8 minutes.