



Sweet Popovers

Elegantly brushed with butter and coated with cinnamon and sugar or split open and filled with crème fraiche and berries, these popovers will fulfill anyone's desire for pastry delights.

Yield: 6 large, 12–24 medium, 36 mini

Ingredients

- 1½ cup milk
- 3 large eggs
- 1¼ cup (180 grams) [Pamela's All-Purpose Flour Artisan Blend](#)
- 1 TBSP sugar
- 2 tsp salt
- 4 TBSP butter, melted
- pinch of cayenne

For Cinnamon–Sugar Popovers, add the following ingredients:

- 4 TBSP butter, melted
- ⅔ cup sugar mixed with 1 tsp cinnamon

Directions

It is easiest to make this in a blender. (It does not get thick enough with a mixer.) Pre-heat oven to 375° with rack in the center of the oven. You can use a popover pan or a heavy-duty cupcake pan, but only fill every other one if using the cupcake pan. Have everything measured out and ready before you start the popovers. Spray pans well before starting to mix dough.

Scald milk in microwave or sauce pan, just until bubbling around the edge (not boiling).

In a small bowl whisk together All-Purpose Flour Artisan Blend, sugar, salt and cayenne.

Beat eggs in a blender until frothy, a minute or more. Once frothy, slowly add hot milk until all is used. Once incorporated, pour flour mixture through the hole in the top of the blender (keep blender running the whole time if possible). Use a canning funnel lined up with the hole in the blender top and pour flour in without a mess. Immediately add the butter to the blender; the batter will get very thick, so thick it may barely turn. Turn off or it may even stop on its own. Hand stir with a heavy spatula to help mix. Batter should be smooth and thick.

Place sprayed popover pan into the oven for 1 to 2 minutes—no more, just enough to warm pan. Remove from oven and spray with non-stick spray. Fill ¾ full, return to oven right away and bake for 40 to 42 minutes, until deep golden brown.

Remove from oven to cool. As soon as you can, remove from pan by using tongs; grab an edge and twist slightly, then lift out and let cool on a wire rack or serve right away. The rack will keep them crisp (they will start to sweat and get soft if left to cool in the pan).

They can be held for 2 to 4 hours or overnight in the open air and reheated in a 450° oven for 3 to 5 minutes or until hot and crisp.

For Cinnamon–Sugar Popovers:

Make as directed above. After removing from the pan, brush with melted butter and roll in cinnamon/sugar. Place back on rack to cool or serve right away. These can be re-heated as described above.



Chef's Note: For a great special breakfast or dessert, serve with creme fraiche and berries or ice cream.

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