

Scallion and Cheddar Popovers

Popovers are an old fashioned bread, referred to also as a pudding, as in Yorkshire pudding. To make Yorkshire pudding, you would use the fat from a beef roast to coat the muffin tin and serve with the beef roast. I don't have a dedicated popover pan, which would make a thin tall popover. Be sure to coat the muffin tin well with oil or use a good quality non-stick muffin tin or they will be difficult to release from the pan.

1 Tablespoon	olive oil	1 cup	flour
2 large	eggs	1 cup	shredded cheddar cheese
1 cup	milk	3	scallions, sliced and chopped fine
½ teaspoon	salt		

- 1 Preheat oven to 450°. Use a non-stick muffin or popover pan and coat or spray with olive oil
- 2 In medium bowl, whisk together eggs and milk. Sprinkle salt over mixture. Add flour and stir just until combined. Fold in cheese and scallions
- 3 Fill prepared muffin cups about $\frac{2}{3}$ full. Bake at 450° for 15 minutes. Reduce oven temperature to 350° and bake for 8-10 minutes, until browned and puffed.
- 4 Remove popovers from oven and immediately remove from pan. Pierce sides with a knife to release steam. Serve warm.

Servings: 10

Preparation Time: 7 minutes

Cooking Time: 23 minutes

Total Time: 30 minutes

Oven Temperature: 450°F

Nutrition Facts

Nutrition (per serving): 131 calories, 59 calories from fat, 6.7g total fat, 56.1mg cholesterol, 211.5mg sodium, 87.4mg potassium, 11.3g carbohydrates, <1g fiber, 1.5g sugar, 6.3g protein.

Source

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