

Salt and Serenity

Popovers

Recipe from BLT Steak restaurant.

Makes 17 popovers. Depending on the size of your oven, you may have to bake these in two batches. The batter will be fine sitting at room temperature as you bake the first batch. You could halve the recipe if you like.

4 Cups whole milk, warmed
8 Eggs
4 cups all-purpose flour
1 1/2 Tablespoons Kosher salt
2 1/4 cups grated Gruyere cheese

1. Place the popover pan or muffin tins in the oven. Heat oven and pan to 350°F.
2. Gently warm the milk over low heat and set aside.
3. Whisk the eggs until frothy and slowly whisk in the milk (so as not to cook the eggs). Set the mixture aside.
4. Sift the flour with the salt. Slowly add the dry mixture to the eggs and combine until mostly smooth. A few lumps are ok.
5. Once combined, remove the popover pan from the oven and spray with non-stick vegetable spray. Fill each popover cup 3/4 full and top each with 2 tablespoons of Gruyere cheese.
6. Bake for 15 minutes. Rotate the pans. Bake for a further 25-30 minutes until deeply golden brown. Resist the urge to open the oven after you rotate the pans. Your popovers may collapse if you do.
7. Remove from oven, and immediately turn the popovers out of the pan, onto a cooling rack. Using the tip of a sharp paring knife, poke the bottom of each popover to allow the steam to escape. Serve within a few minutes for the best texture and taste.

