

Breakfast

Pastry

Arcadia's Popovers

This is my favorite breakfast. You can eat them with butter and jam but I like to make my recipe, Evelyn's Vanilla Pudding, and serve warm with the popovers. This recipe is from Arcade National Park in Maine. The popovers make great buns when served at dinner and even sandwiches filled with tuna salad for lunch. You can replace cream puffs with the popovers and save lots of calories.

1-1/4 cup milk

1-1/4 cup all-purpose flour

4 large eggs

POPOVER MUFFIN PAN



Grease popover pan or use a no-stick cooking spray. Using 2nd shelf rack of oven, preheat oven to 425 degrees.

Mix milk, flour and eggs in blender on (whip) for 45 seconds.

Fill pans 3/4 full.

Bake for 20 minutes at 425 degrees and then turn oven down to 325 degrees for 20 minutes more.

Remove from oven and puncture with toothpick to vent steam. Serve with butter and your favorite jam or jelly.

Yield: 6 popovers

Note: You can use skim milk and even evaporated milk. I like to use both in the recipe using about 1 cup milk and 1/4 cup evaporated milk. Egg substitutes can also replace the eggs and the recipe will "pop".