

Thanksgiving with Tyler Florence – Tyler's Popovers

From the "Celebrate the Holidays with Better Homes and Gardens" iPad application



These popovers can be served warm from the oven—let the feasting begin.

Prep: 30 min.

Bake: 35 min.

Oven: 400 degrees F

2-3/4 cups milk

10 eggs, at room temperature

3 cups all-purpose flour

1-1/2 Tbsp. sugar

3 tsp. kosher salt

3 oz. dry Monterey Jack cheese, shredded (3/4 cup)

Nonstick cooking spray

1. Position oven rack in middle of the oven. Preheat oven to 400 degrees F. Grease 12 popover cups.

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2. In a medium saucepan bring milk to steaming (160 degrees F). Place eggs in a large bowl and lightly beat. Slowly add 1 cup of the hot milk to eggs, stirring until combined. Pour egg mixture into saucepan. Stir to combine. Strain mixture through a fine-mesh sieve into a large mixing bowl. Sift the flour, sugar, and salt over the egg mixture. With an electric mixer, beat on lowest speed for 10 minutes. Increase speed to medium-low and beat 5 minutes more. Strain mixture through a fine-mesh sieve.

3. Place empty popover pan in oven until pan is hot (about 5 minutes). Working quickly, fill each popover cup three-quarters full. Sprinkle with cheese. Immediately return pan to oven, and bake for 35 minutes or until popovers are deep golden brown (do not open the door while popovers bake as it could cause them to collapse). Remove popovers from baking pan; place on a wire rack to cool. Immediately pierce sides of popovers with a skewer to allow steam to escape so they stay crisp longer. Makes 12 popovers.

Each serving: 245 cal, 9 g fat, 183 mg chol, 612 mg sodium, 29 g carbo, 1 g fiber, 12 g pro.