

MIAMI
BEACH

LT

STEAK &
SEAFOOD

Popovers

Ingredients

Makes 12

4 cups all purpose flour

1 tablespoon plus 2 teaspoons salt

4 cups milk

8 large eggs

Non-stick vegetable oil spray

10 ounces grated Gruyere (2-1/4 cups)

Instructions

Place popover pan in the oven and heat to 350° F.

Place flour and salt in a fine sieve and sift onto a wax paper.

In a small saucepan, heat milk until bubbles appear around edges.

In a large bowl, whisk eggs until frothy.

Slowly whisk in hot milk. Set aside.

Whisk dry ingredients into egg mixture.

Stir until almost smooth.

Remove popover and spray with non-stick vegetable spray.

Fill each cup with batter at least three-quarters full.

Top each popover with grated Gruyere.

Place a baking sheet on the rack below to catch any drips.

Bake 15 minutes.

Rotate the pan 180° so they rise evenly.

Bake for 35 minutes more.

Invert the pan and remove popovers.

Serve immediately.

Chef's Tip: *Popovers can also be topped with caramelized onion, garlic and diced bacon instead of the cheese.*

Chef Laurent Tourondel