



EASY YORKSHIRE PUDDING

October 13

National Yorkshire Pudding Day

INGREDIENTS

- 1 Cup All-Purpose Flour
(enriched or whole grain rich)
- 1 Cup Milk
- 3 Large Eggs (thoroughly beaten)
- 3 Tablespoons Vegetable Oil

DIRECTIONS

1. Whisk together 1 cup beaten eggs and 1 cup flour until free of lumps.
2. Whisk in 1 cup milk and add a good pinch of salt and pepper. Cover and pop in the fridge and allow to rest for at least 30 min or up to overnight.
3. Heat over to 425° and pour 1 teaspoon of oil into each cup of a muffin tin.
4. Put the empty tray in the oven for 15 minutes or until the oil is smoking hot. *must be piping hot*
5. When the oil is very hot, evenly, quickly and carefully pour your batter into each slot, ensuring you don't fill each slot all the way.
6. Roast in the oven for 15-20 minutes or until they have risen and are a deep golden brown color.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

12 Popovers

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Popover	1 Popover	2 Popovers	2 Popovers