

Nutrition Education

Popover Recipe

To the Grown-ups:

The only difficult thing for small children about making popovers is waiting for them to come out of the oven. The batter is simple and light – easy for small arms to stir. Once in the oven, this wimpy-looking batter gets transformed into puffy little breads. Children are amazed by this magic! This is chemistry at its most enjoyable. They'll want to make these again and again.

2 tablespoons butter
2 eggs

1 cup milk
1 cup flour
¼ teaspoon salt

- 1) Preheat oven to 375°F, and melt butter.
- 2) Brush the insides of 12 muffin cups with melted butter.
- 3) Break eggs into the mixing bowl.
- 4) Add milk and beat well.
- 5) Add flour and salt and whisk until reasonably well blended – it doesn't have to be perfect.
- 6) Use a ¼-cup measure with a handle to pour batter into each muffin cup. They should be one-half to two-thirds full.
- 7) Bake 30 minutes without opening the oven.
- 8) Remove muffins from the pan and prick with a fork to let the steam escape. Spread with butter and/or mashed berries, and eat!

YIELD: 1 dozen

Taken from *Pretend Soup and Other Real Recipes* by Mollie Katzen and Ann Henderson

