Recipe: Cheddar Popovers
Makes 6 large popovers

It's time to bring back one of the truly great breakfast treats: Popovers. They are eggy, warm, and satisfying, and easy to add to your recipe repertoire. First step is to invest in an authentic popover pan, which is deeper and heavier metal than a muffin tin, because a key to success is to preheat the pan in a hot oven before adding the batter. This will make sure the pastries rise and "pop over" the sides.

Delicious plain, yet in our family, we like to make a little hole in the side, and spoon in jam, shake to coat the inside. then peel away the crusty exterior. My recipe is a little different than most with a grind of black pepper, and a small amount of cheddar cheese which gives it aroma and flavor.

These are quick to make, and impressive to serve. I'll bet they will quickly become a favorite in your recipe repertoire. Try them, and let me know what you think!

3 tablespoons butter
1 1/2 cup all purpose unbleached white (or rye) flour
½ teaspoon salt
¼ teaspoon freshly ground pepper
3 eggs
1 1/2 cup whole milk
1/2 cup finely grated Vermont Cheddar cheese

Preheat the oven to 450°F. Dot each of 6 popover cups with ½ tablespoon butter and place in the hot oven to preheat while you mix the batter.

In a small bowl, blend together the flour, salt, and pepper. In a medium bowl, whisk together the eggs, the milk and cheese, then gradually add in the flour mixture and whisk until smooth. There will be some lumps because of the cheese, which are fine because they add air. This can be done in an electric blender, but its best to do this by hand to keep the pastries light and tender.

Once the popover cups are smoking hot and the butter is thoroughly melted about 8 minutes, remove the pan from the oven and divide the batter evenly into each cup. Return to the oven and bake for 20 minutes. Reduce the temperature to 350°F. and bake another 20 minutes, until the popovers are golden brown. Remove from the oven and serve warm.