

Breakfast Yorkshire Pudding



TIPS:

1. **Easy:** This variation of a signature recipe from Yorkshire, England, is easy to make and works great as a fantastically flavorful alternative to a breakfast muffin or toast.

2. **Keys to success:** As shown in steps 4 and 5 below, the first key to making

Yorkshire pudding with browned outside and moist, tender inside is heating the muffin pan with oil in each of the muffin holes at high oven heat (450°F/230°C) until the oil is smoking hot (about 5-7 minutes) *before* spooning the batter into the muffin tin holes. The second key is NOT opening the oven door while the puddings bake so that they rise properly.

Preparation Time: 5-10 minutes

Cooking Time: 20 minutes

Ingredients

(to make 10-12 individual puddings)

1/2 Cup (4 ounces/70 grams) Flour (I'm using whole wheat flour, but any wheat or gluten containing flour should work fine)

1/4 Cup (2 ounces/35 grams) Ground Almonds (or any ground nuts or nut flour)

1/4 Cup (2 ounces/35 grams) Ground Flaxseed

4 Eggs

1 Cup (8 ounces/240ml) Milk

Cooking Oil (I'm using coconut oil because it doesn't smoke as much at high temperature, though any oil recommended for high temperature cooking will work)

1/2 Teaspoon Salt

Shake of Ground Cinnamon

1 1/2 Tablespoons Vanilla Extract

1 Handful Raisins (or any other dried fruit)



Equipment

12-Hole Muffin Tin

Mixing Bowl

Whisk

Ladle or Big Spoon

Measuring Cup
Tablespoon
Teaspoon
Potholder or Folded Dishtowel
Timer



1. Measure and add **1 teaspoon of cooking oil** to each of the muffin tin holes.

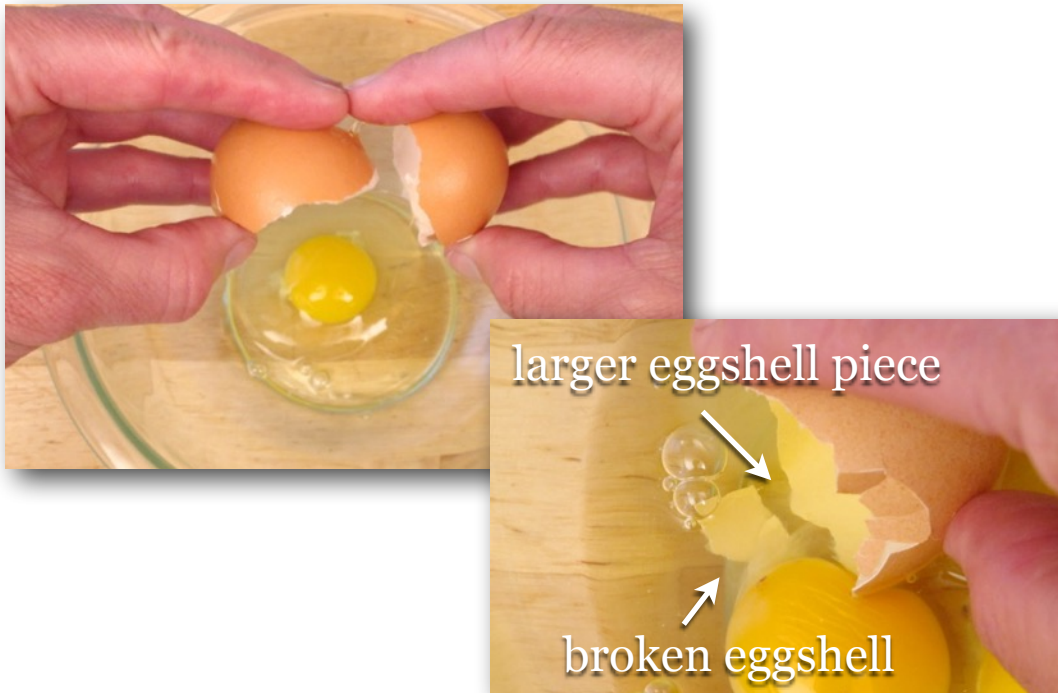


2. Set an oven rack in the top third of the oven and preheat the oven to 450°F/230°C.



3. While the oven warms, break **4 eggs** into a mixing bowl. If necessary, remove any **broken eggshell pieces** from the bowl by using a **larger eggshell piece** to

attract and scoop up the **smaller eggshell piece(s)**.



Add **1/2 teaspoon salt** (or as much salt as shown in the picture below left), **1 1/2 tablespoons vanilla extract**, and a **good shake of ground cinnamon**.



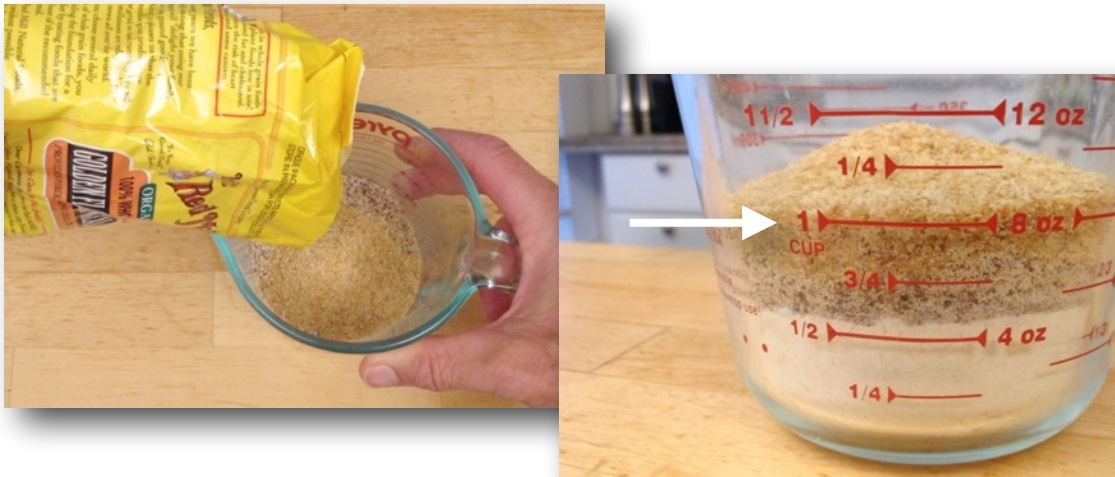
Measure **1/2 cup (70 grams) flour**,...



1/4 cup (35 grams) ground almonds (or any other ground nuts or nut flour) - I added a little more than that, and that's ok,...



...and **1/4 cup (35 grams) ground flaxseed.**



Add the **flour mixture** to the **eggs** in the bowl.



Measure **1 cup (240 ml) milk**, and add **about 1/2 of that cup of milk** to the **flour and egg mixture** in the bowl.



Whisk the **ingredients** together until they are uniformly blended with no lumps as shown in the picture below right.



Then add and whisk in the **rest of the milk** until the **batter** is evenly mixed together, and...



...finishing by adding and stirring in about **1 handful of raisins or any other dried fruit**.



4. When the oven warms to 450°F/230°C, put the muffin tin in the oven and warm it for 5-7 minutes. **NOTE:** for **oils** with *low smoke temperatures*, warm the pan only until the oil starts to smoke.



5. After 5-7 minutes, or sooner if the **oil** starts to smoke, use potholders or a folded dishtowel to remove the hot muffin tin from the oven, and...



...use a ladle or large spoon to fill the muffin tin holes about 3/4's full with **batter** (I didn't quite measure evenly, and ended up filling only 11 of the 12 holes, as shown in the insert picture below right. No problem.)



Again, use a potholder or folded dishtowel to put the muffin tin back in the oven, and set a timer for 20 minutes. **NOTE:** Do **NOT** open the oven door while the puddings bake, or the puddings will **NOT** rise.



6. After 20 minutes, check the **breakfast Yorkshire pudding** for doneness by opening the oven door and looking to see if the **puddings** have risen and are browned on the outside as shown. If the **puddings** are not as browned as shown, keep cooking for about another 5 minutes until they are browned.



When the **puddings** are browned as shown above, use potholders or a folded dishtowel to remove them from the oven and let them cool for a few minutes on a cool stovetop.



7. Use a tablespoon to scoop and remove the **cooked breakfast Yorkshire puddings** from the muffin tin and...



...serve warm.



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