

Yorkshire Pudding



TIPS:

1. **Easy:** This signature recipe from Yorkshire, England, is easy to make and incredibly versatile to alter in flavor. To make the base recipe, all you need is **1 cup flour**, **1 cup eggs** (4 eggs), and **1 cup milk**.

2. **Versatility:** The **optional ingredients** shown below work well together but are only suggestions. Use your imagination to

make Yorkshire pudding to suit your taste.

3. Keys to success: As shown in steps 5 and 6 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

Base Ingredients

(to make 10-12 individual puddings)

1 Cup (8 ounces/140 grams) Flour (I'm using whole wheat flour, but any wheat or gluten containing flour should work fine)

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

Crunch of Ground Black Pepper



Optional Ingredients

1 Teaspoon Garlic Powder

1 Teaspoon Herbes de Provence

Grated Parmesan Cheese

Shot of Vinegar (I'm using balsamic vinegar for it's rich sweet and sour flavor, but your favorite vinegar will work)



Equipment

12-Hole Muffin Tin

Mixing Bowl

Whisk

Ladle or Big Spoon

Measuring Cup

Tablespoon

Teaspoon

Potholder or Folded Dishtowel

Timer



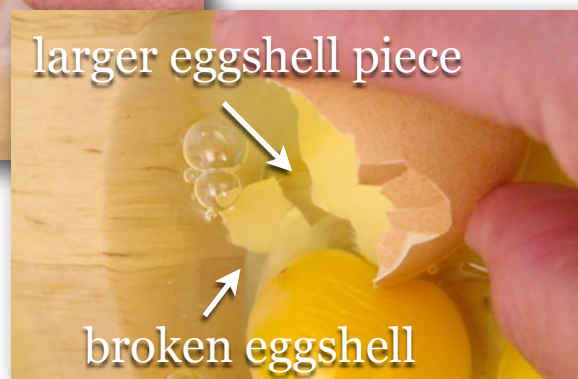
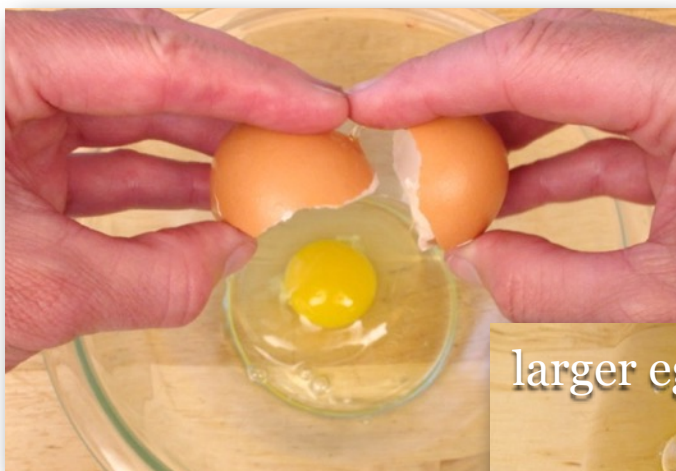
1. Measure and add **1 teaspoon of cooking oil** to each of the muffin tin holes.



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



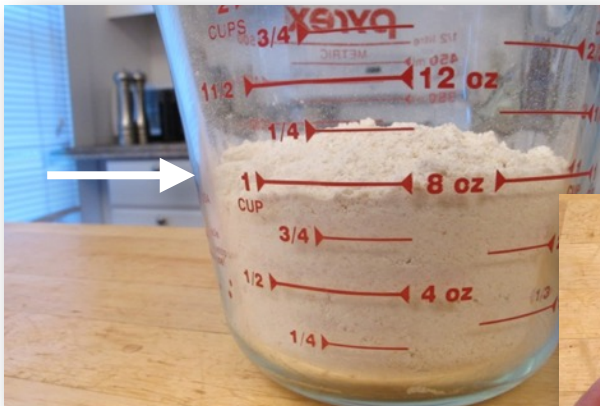
3. While the oven warms, break **4 eggs** into a mixing bowl. If necessary, remove any **broken eggshell pieces** from the bowl by using a **larger eggshell piece** to attract and scoop up the **smaller eggshell piece(s)**.



Add 1/2 teaspoon salt (or as much salt as shown in the picture below left) and **a good crunch of ground black pepper**.



Measure and add 1 cup (140 grams) flour.



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. Then either use the **batter** as is and skip to step 5, or continue with step 4 to add **optional flavor**.



4. For a more savory flavor, add your choice or a combination of the following **ingredients**:

1 teaspoon garlic powder



1 teaspoon herbes de Provence



**good shake of grated Parmesan
cheese**



shot of vinegar



Whisk the **ingredients** together.



5. 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.



6. 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 10 of the 12 holes, as shown in the insert picture below right. That happens, and that's fine.)



Again, use a potholder of 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.



7. After 20 minutes, check the **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.



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



...serve warm.



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