

Sourdough Popovers

PREP 5 mins

BAKE 30 to 35 mins

TOTAL 35 mins

YIELD 6 popovers

Ingredients

- 1 cup (227g) milk (full-fat, reduced-fat, or skim)
- 3 large eggs
- 1/2 cup (113g) sourdough starter, ripe (fed) or discard
- 3/4 teaspoon salt
- 1 cup (120g) King Arthur Unbleached All-Purpose Flour

Instructions

- ① In the microwave or in a small saucepan, warm the milk until it feels just slightly warm to the touch.
- ② Combine the warm milk with the eggs, sourdough starter and salt, then mix in the flour. Don't over-mix; a few small lumps are OK. The batter should be thinner than a pancake batter, about the consistency of heavy cream.
- ③ Heat a muffin or popover pan in the oven while it's preheating to 450°F.
- ④ Carefully remove the hot pan from the oven, and spray it thoroughly with non-stick pan spray, or brush it generously with oil or melted butter. Quickly pour the batter into the cups, filling them almost to the top. If you're using a muffin tin, fill cups all the way to the top. Space the popovers around so there are empty cups among the full ones; this leaves more room for expansion.
- ⑤ Bake the popovers for 15 minutes, then reduce the oven heat to 375°F and bake for an additional 15 to 20 minutes, until popovers are golden brown.
- ⑥ Remove the popovers from the oven and serve immediately.

We're here to help. King Arthur Flour Baker's Hotline: (855) 371 2253