

Simple Yorkshire Pudding

Traditional Yorkshire pudding to serve with roast beef, batter of flour, salt, eggs, butter, milk, cooked in pan with roast drippings.

The texture of a Yorkshire pudding is nothing like a pudding in the modern sense of the word.

Not a custard, Yorkshire pudding is more like a cross between a soufflé and a cheese puff (without the cheese).

The batter is like a very thin pancake batter, which you pour into a hot casserole dish over drippings from roast beef or prime rib.

It then puffs up like a chef's hat, only to collapse soon after you remove it from the oven.

Given that it's loaded with beef drippings (read fat) or butter, or both, Yorkshire pudding is probably not the thing you want to eat regularly if you are watching your waistline.

But for a once a year indulgence, served alongside a beef roast?

Yummmmm.

Yorkshire pudding is traditionally made in one pan (even more traditionally in the pan catching the drippings from the roast above). You can also make a popover version with the same batter and drippings in a muffin tin or popover pan.

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Ingredients

- 3 large eggs
- 1 1/2 cups whole milk
- 1 1/2 cups flour
- 3/4 teaspoon table salt
- 3 tablespoons beef fat

Directions

1. Whisk the eggs and milk into a large bowl until well combined. In a separate bowl, combine salt and flour, then add gradually into the egg mixture. Whisk quickly until the flour is incorporated and the mixture is smooth. Cover it with plastic wrap and let stand for at least one hour, but no more than three.

2. Collect the fat from the roast. If you're collecting the fat from a fresh roast, the best time to do it is after the roast has been in the oven for an hour, and while the roast rests. Whisk 1 tablespoon of beef fat into the batter until it's bubbly and smooth. Transfer the batter to a large measuring cup or pitcher.

3. Measure 1/2 teaspoon of beef fat into each cup of a standard muffin pan. Once the roast is out of the oven, set the oven to 450 degrees. Place the pan into the oven to heat for 3 minutes. Quickly remove the pan from the oven, close the door, then divide the batter evenly between the 12 muffin cups so each are about 2/3 full.

4. Return the pan to the oven then bake for 20 minutes. Reduce the oven temperature to 350 degrees and bake another 10 minutes.

5. Remove the pan from the oven and pierce each pastry with a skewer to release the steam and prevent collapse. Serve immediately.

6. Enjoy!

Recipe adapted fromBBC Good Food.