

How to Make Popovers

Understanding Popovers

Popovers are a most interesting quick bread: they don't use either yeast or chemical leavenings to make them rise. Instead they rely on steam to form oversized, crispy breads that pop up three times their size hollowed out on the inside. To make all that steam, popover batter is light with lots of liquid and popovers are baked in a hot oven to create a burst of steam.

There are two tricks to making popovers: make 'em pop and don't let them collapse. Everything else is easy. You make them pop with high heat to create steam and you make them rigid enough that they won't collapse with proper baking, enough baking to make them rigid.

Here are the keys to great popovers:

- Use a high protein bread flour to make your popovers.
- Mix the batter well to develop the gluten; the gluten provides much of the strength to the shell.
- Use enough eggs; the proteins in the eggs provide strength to the shell when baked.
- Bake until the shell is crispy and nearly dry,
- When nearly baked, slash a slit in the side of each popover allow steam to escape and dry air into the popover to dry and cook the inside.
- Remove the popovers from the pan immediately so that they don't sweat and soften.



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1. **Preheat the oven.** As mentioned, it takes a hot oven to create the necessary steam. Preheat the oven to 425 degrees.
2. **Mix the batter.** With a whisk or whisk attachment, beat the eggs, milk, and salt together. Change to the paddle attachment and mix in the flour until completely smooth. Continue mixing for several minutes to develop the gluten. If the recipe calls for melted butter, add that after the gluten is developed so that the fat will not interfere with the gluten development.
3. **Prepare the pan.** Use a pastry brush to grease the insides of the popover cups. If you are using a muffin pan, grease every other cup. Place 1/2 to one teaspoon of butter in the bottom of each cup.
4. **Bake the popovers.** Remove the pan from the oven and fill the cups half full. Bake at high heat for twenty minutes; the popovers should pop during this baking. Reduce the heat to 350 degrees and continue baking for 15 minutes for large popovers. During this period, the popovers should dry and become rigid. (Different ovens cool differently and may require different times.)
5. **Release the steam.** Turn off the oven, open the oven door, and quickly make a one-inch slit in the side of each popover to release the steam. Close the oven door and let them sit for ten or fifteen minutes. During this period, the interior of the popovers should become dry and sturdy.
6. **Cooling the popovers.** Lift the popovers from the pan immediately after removing the pan from the oven by grasping the tops with an oven mitt. Let them cool slightly before serving.

Leftover popovers can be reheated in the oven for five minutes at 325 degrees to make them crisp again.

Buttery Popovers

Ingredients

4 large eggs
1 cup milk
1/4 teaspoon salt
1 cup high protein bread flour
butter

Directions

Preheat the oven to 425 degrees.

1. In a medium bowl and with a whisk or whisk attachment, beat the eggs, milk, and salt together.
2. Change to the paddle attachment. Beat in the flour until it is completely smooth. Continue mixing for several minutes to develop the gluten.
3. Use a pastry brush to grease the insides of the popover cups with butter. If you are using a muffin pan, grease every other cup. Place about a teaspoon of butter in the bottom of each cup.
4. Fill the cups two-thirds full. Bake at high heat for twenty minutes. Reduce the heat to 350 degrees and continue baking for 15 minutes. (Different ovens cool differently and may require different times.) Turn off the oven.
5. Open the oven door and quickly make a one-inch slit in the side of each popover to release the steam. Close the oven door and let stand in the oven for ten minutes or until the popovers are dry and firm enough to avoid collapsing.
6. Remove the popovers from the oven. Lift the popovers from the pan immediately by grasping the tops with an oven mitt. Let them cool slightly before serving.

Cheddar, Chive, and Bacon Popovers

Ingredients

4 large eggs
1 cup milk
1/4 teaspoon salt
1 cup high protein bread flour
6 slices of bacon cooked and chopped
2 teaspoons dried chives or two tablespoons fresh chives, snipped
6 3/4-inch chunks of cheddar cheese

Directions

Preheat the oven to 425 degrees.

1. In a medium bowl and with a whisk or whisk attachment, beat the eggs, milk, and salt together.
2. Change to the paddle attachment. Beat in the flour until it is completely smooth. Continue mixing for several minutes to develop the gluten. Add the bacon pieces and chives.
3. Use a pastry brush to grease the insides of the popover cups with butter. If you are using a muffin pan, grease every other cup. Crumble a cube of cheese in the bottom of each cup.
4. Fill the cups two-thirds full. Bake at high heat for twenty minutes. Reduce the heat to 350 degrees and continue baking for 15 minutes. (Different ovens cool differently and may require different times.) Turn off the oven.
5. Open the oven door and quickly make a one-inch slit in the side of each popover to release the steam. Close the oven door and let stand in the oven for ten minutes or until the popovers are dry and firm enough to avoid collapsing.
6. Remove the popovers from the oven. Lift the popovers from the pan immediately by grasping the tops with an oven mitt. Let them cool slightly before serving.