

We're not much of a family for pancakes. Occasionally we make a batch of waffles, maybe twice a year. However these little treats are a family favourite. Easy to put together, then nothing to do but leave them to cook in the oven.

They have a steamy, custardy center, which is perfect with a spoonful of jam tucked inside. The only oil used is that to grease the pan. With berry season arriving soon, and a whole summer of "no-school" mornings ahead, take the time to bake these, then sit outside in the sunshine and munch through them all while fresh.

Popovers

Makes 1 dozen.

Ingredients

4 eggs

1¼ c flour

1¼ c milk

½ t salt

Cooking spray or melted butter to grease the muffin tin

Directions

Preheat oven to 375° - with rack in lower half of oven

Whisk together eggs and milk in a large bowl.

Add flour (all at once) and salt.

Whisk until fairly smooth, a few lumps are okay.

Liberally coat muffin tins with cooking spray. If using butter, allow for ½ t per popover – about 2 tablespoons.

Pour batter equally between the dozen cups.

Bake for 35 minutes, without opening the oven.

As soon as the popovers are removed from the oven, pierce them all with a knife or skewer to release steam and to prevent the popovers from collapsing.

Remove from the pan, and serve.

As a morning treat, serve these with fruit jam, lemon curd or honey.

These can also be used as a side dish with roasted meat, to absorb the gravy and juices.