GLUTEN-FREE POPOVERS

These fool-proof popovers are crisp on the outside and moist on the inside. The crowned tops leave plenty of room for melting butter or adding the sweet taste of jelly. YIELDS 6 LARGE MUFFINS.

INGREDIENTS:

1 cup gluten-free all-purpose flour

¼ teaspoon xanthan gum

½ teaspoon salt

1 ¼ cups milk, slightly warm

4 eggs

2 tablespoons butter, melted

INSTRUCTIONS:

1. Preheat the oven to 400 degrees F. Grease a standard popover pan.
2. Popover batter is easiest made in a blender. Blend eggs, butter and milk on medium speed in the blender until the mixture is uniform. Using a regular hand mixer works well. Whisk the flour in a bowl with the xanthan gum and salt. Spoon or pour the dry ingredients into the bowl for blending, then blend at medium-high speed util batter is smooth. A few tiny lumps are okay, but if you have more lumps than that, keep blending until they disappear.
3. Pour the batter into the prepared pan, filling each cp about 2/3 full.
4. Bake for 25 minutes, then reduce the oven h eat to 350 degrees F. and bake for an additional 15 minutes, until the popovers are deep brown.
5. Remove from the oven, prick the side of each popover with a sharp knife to let the steam out, and let the popovers set for 5 minutes.
6. Remove from the pan, and serve immediately. Or, to keep them crisp longer, allow them to sit in the turned-off oven for 10-15 minutes prior to serving.
7. NOTE: If you choose a dairy-free version, such as using almond milk, the popovers will not 'pop.' They'll look like flat muffins, but they'll still taste good.
8. NOTE: For extra-light, crisp popovers, substitute ¼ cup potato starch, tapioca starch, or cornstarch for ¼ cup of the gluten-free flour.
9. NOTE: For those bakers who are watching their cholesterol intake, this recipe has four eggs, which is a fair amount of cholesterol.