

Recipe adapted from foodchannel.com

Yorkshire Pudding

1-3/4 c all-purpose flour
3/4 t salt
1-1/2 c skim milk
3 eggs, room temperature
3/4 c of beef fat rendered from a roast
1/4 c beef stock

Preheat oven to 500F. In a large mixing bowl combine flour, salt and milk. Add eggs and whip until the batter is smooth. Let batter sit at room temperature for one hour. Mix rendered beef fat with the beef stock and place 1 T in each of the cups in a muffin tin. Heat in the oven for 5 minutes. Remove from the oven and add 1/3 c of batter into each cup. Bake for 15-20 minutes, or until pudding rises well above level of tins and begins to brown on the top and edges. Reduce heat to 350F and bake an additional 8-10 minutes. Serve immediately.

