

Breakfast Popovers

Breakfast meets dessert with this unique creation that will make you wonder why you don't have dessert for breakfast more often!

Ingredients

Popovers

3 Large Eggs
1 ½ cups Whole Milk
1 ½ cups All-Purpose Flour
¾ teaspoons Salt
4 tablespoons Sugar
2 teaspoons Vanilla Extract
1 ½ tablespoons Unsalted Butter, Melted + softened butter for greasing pans
4 teaspoons Lemon Zest (from about 2 lemons)

Mascarpone Cheese Whipped Cream Filling

1 cup Heavy Whipping Cream
1 cup Mascarpone Cheese
2 tablespoons Sugar
1½ teaspoons Vanilla Extract

Toppings

Fresh Berries (Sliced Strawberries and Raspberries recommended)
Powdered Sugar
Warmed Pure Maple Syrup

Special Equipment: Two 6-Cup Popover Pans to make 12 total

Preparation

Blend the eggs and milk in a blender until combined. Add flour, salt, sugar, vanilla extract, and melted butter and blend until smooth. Transfer to a medium pitcher and mix in lemon zest. Set aside and bring to room temperature, about 30-45 minutes.

Preheat oven to 425 degrees with rack in the center. Grease Popover pans with softened butter. Place one popover pan in the oven for 2 minutes to preheat. Remove preheated pan from oven and fill with batter a quarter ways up (about ¼ cup each tin) Bake for 15 minutes, reduce oven temperature to 350 degrees and bake 5 minutes longer or until popovers are golden. (Do not open oven door while baking) Repeat exact process with second popover pan to make 12 popovers. (If you have a double oven you could bake both pans at the same time, do not bake side by side in one oven) Allow popovers to cool, about 5-10 minutes. (While popovers cool they should sink in the center and form a hole for the filling)

Prepare Mascarpone Cheese Whipped Cream Filling: Place all ingredients for the filling in the bowl of an electric stand mixer with the whisk attachment. Begin whisking on low speed then quickly increase to high speed and whisk until thickened and smooth, about 3-4 minutes. Use immediately or store in an airtight container and refrigerate for up to two days.

Fill cooled popovers with filling, (option to use piping bag) top with berries, sifted powdered sugar and serve with warmed maple syrup.

Makes 12 Popovers