
Welsh Yorkshire Pudding

*Chef Edith Barr Dunn - Shenkel's Restaurant - Longboat Key, FL
Sarasota's Chef Du Jour - 1992*

Servings: 4

1 1/2 cups flour
1/2 teaspoon salt
2 extra large eggs
3/4 cup milk, heated
3/4 cup lukewarm water
2 1/2 tablespoons cooked beef drippings

Preheat the oven to 400 degrees.

Sift the flour and salt together in a bowl. Make a well in the center of the mixture. Place the eggs in the center and pour on one-half of the milk and one-half of the water. Mix well. Then add the remaining milk and water, stirring until thoroughly combined. Cover with wax paper. Set aside for one hour.

Heat the beef drippings in a small pan. Pour equal amounts into small muffin tins. Then fill each half full with the batter.

Cook in the oven for 20 minutes.

Serve with roast beef or broiled beef.

Side Dishes

Per Serving (excluding unknown items): 236 Calories; 4g Fat (17.4% calories from fat); 9g Protein; 38g Carbohydrate; 1g Dietary Fiber; 112mg Cholesterol; 325mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.