

Yorkshire Pudding

(Makes 12)

- 1 cup all purpose flour
- 1 cup of milk
- 3 eggs
- 1/2 teaspoon salt
- Cooking Spray
- Cupcake tin

Instructions:

1. Preheat oven to 425*. Heavily grease the cupcake tins.
2. In a medium sized bowl mix the flour, milk, eggs, and salt until there are no lumps. (It's better to mix by hand and not use a mixer.)
3. Equally pour the liquid into the cupcake tins. You will fill them about 2/3 full.
4. Bake for 15 minutes at 425 and then lower the temperature to 350 and bake for 7 more minutes. DO NOT open the oven! This will cause them to deflate. If you notice through the glass of your oven they aren't very brown you can bake them for an additional 3 minutes.
5. Remove from the oven and immediately remove them from the tin. Serve with lots of gravy!

In case you haven't made a roast beef, here is how I make it. Purchase an Eye Round Roast and season with salt, pepper and garlic. Bake in a 9x13 pan for 20 minutes per pound at 350*. (Tip - make sure it has a little fat on top to make more gravy.)

To make the gravy: Remove the roast from the pan and set on a plate. Cover with foil and set aside. Put 2 heaping tablespoons of flour in a plastic sealable container with 2 cups of water. Shake until there are no lumps. Add it to saucepan. Put about 1/4 cup of water in the baking dish that had the roast. Use it to remove all the drippings from the pan and pour that in the saucepan. Bring to a boil over medium high heat, stirring constantly. If it becomes too thick, add more water. After a few minutes, lower the heat and add about 1 teaspoon of salt. Let simmer for an additional 5 minutes.

