



REGINA'S
FARM KITCHEN®

BLUE CHEESE POPOVERS

SERVING SIZE: 6 servings

INGREDIENTS:

1 tbsp. butter, melted
and cooled, plus 1 tsp.
at room temperature
for pan

3–3/4 oz. flour (approx.
1 cup)

1–1/2 tsp. kosher salt

2 large eggs, room
temperature

3 oz. blue cheese
crumbles

1 cup whole milk,
room temperature

1 popover pan

1 jar Regina's Farm
Kitchen® Triple Berry
Artisan Fruit Spread
(for spreading)



BLUE CHEESE POPOVERS

Legend has it that blue cheese goes back to the 7th century when a distracted shepherd forgot his lunch of bread and cheese in a cave near the village of Roquefort, France. How fortunate for us, as today this crumbly, refined, piquant cheese turns everyday popovers into something divine.

SERVING SIZE: 6 servings

INSTRUCTIONS:

Note: Allow time for the eggs and milk to come to room temperature.

Place rack in lower third of oven with no other racks above it. Pre-heat oven to 400 degrees. Using a paper towel, rub 1 tsp. butter inside the six popover cups until they are well greased.

Add the melted, cooled butter, flour, salt, blue cheese crumbles, eggs and milk to a blender or food processor. Process for 30 seconds until the ingredients are mixed into a wet batter. Pour the batter evenly between the cups of the popover pan. Each should be 1/3 to 1/2 full.

No matter how tempting, do NOT open the oven while baking! Bake for 15 minutes, then reduce oven to 350 degrees. Continue baking about 20 more minutes, until puffed and brown.

Remove pan from oven, and carefully pierce the sides of the popover with a toothpick to allow steam to escape. Serve immediately with RFK Triple Berry Artisan Fruit Spread.



For other recipe ideas and to order, please reach out to us on social media or reginasfarmkitchen.com

