

Dutch Baby

Author: From Cheryl Sternman Rule's blog, 5secondrule.com



3 large eggs
3/4 cup milk
3/4 cup flour
3/8 teaspoon salt
3 tablespoons unsalted butter
Fresh lemon juice and powdered sugar for serving
(or maple syrup)

Per Serving (excluding unknown items): 327 Calories; 19g Fat (52.2% calories from fat); 12g Protein; 27g Carbohydrate; 1g Dietary Fiber; 251mg Cholesterol; 369mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 3 Fat.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: A light pancake, popover type shell that's drizzled with lemon juice and sprinkled with powdered sugar.

1. Place a 8- or 9-inch cast iron skillet in the center of a cold oven. Make sure there's no rack above it. Preheat the oven to 350°.
2. In a blender combine the eggs, milk, flour and salt (or use an immersion blender in a large pitcher). Blend until smooth. You can also use a food processor.
3. When the oven has reached 350°, carefully add the butter to the skillet and shut the oven door. Watch, and when the butter has melted, pour in the batter. Shut the door again and do not open it, about 25-35 minutes. It's done when it's risen, puffed and turned a deep golden brown.
4. Remove from the oven, cut into wedges and serve with generous squeezes of fresh lemon juice and a shower of powdered sugar.