

# LITTLE RED HEN

Upinngil Home Bakery

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## Upinngil Skillet Popover

*This dish was a staple of our childhood on the farm. My father made a different version for every season. My all time favorite dinner is still warm “Apple Pancake” after a long cold day of maple sugaring. The basic formula is easily adaptable to just about any combination of veggies or fruit. Add bacon or sausage for a meatier version. For a crowd double it and use a big #10 skillet.*

7 eggs  
1 c. Upinngil Sifted Wheat Flour  
1 c. Upinngil Milk  
1/2 tsp. salt + a little for sprinkling  
2 c. (1/2 lb.) grated Upinngil Cheese  
3 tbs. canola oil  
1/2 c. diced onion  
1 c. sliced Upinngil Shiitakes or other mushrooms  
2 c. sliced Upinngil Fresh Spinach or other green vegetable

Preheat oven to 400°F . In medium cast iron skillet sauté onions and mushrooms in oil over low heat, sprinkle very lightly with a little salt.

Blend eggs, flour, milk, and 1/2 tsp. salt thoroughly. A blender works well, or just beat vigorously. Stir in most of the cheese (reserve about 1/2 c. for the top).

Once onions and mushrooms are nicely cooked, turn heat to high and add the spinach. Stir until spinach wilts and everything is sizzling hot. Pour in eggy batter. Shake a little to distribute filling, but don't stir. Sprinkle cheese on top, then transfer to the oven.

Bake 30-40 minutes until golden and puffy. Serve immediately while still impressively puffed, it will deflate at the table as it cools.

*Apple Pancake:* Sauté 4 c. peeled and sliced apples and 2 tsp. of cinnamon in 1/4c. butter in skillet. Prepare batter, adding 2 tbs. maple syrup, and omitting cheese. One apples have softened, turn heat to high and stir until apples are sizzling hot. Pour in batter and transfer to oven. Serve immediately with yogurt and maple syrup.