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Bemerkungen: THE ROYAL SOCIETY OF CHEMISTRY YORKSHIRE PUDDING

Scientists at the Royal Society of Chemistry have concluded that a Yorkshire Pudding can only be deemed a success if it rises to four inches. John Emsley, a scientist and Yorkshireman, had the task of devising the definitive recipe and dimensions after the society was contacted by a frustrated cook whose Yorkshire Pudding was refusing to rise.

Zutaten:

- 85g of polysaccharide powder, kitchen grade (flour)
- 1 g of sodium chloride, NaCl, table grade (½ tsp of salt)
- 1 egg (use 2 eggs in areas of higher altitude)
- solution of 230 cm³ reduced-lipid bovine lactate (230 mL milk) mixed with 20 cm³ H₂O (20ml water)
- 1-2 tbsps of beef dripping

Rezept:

1. Preheat the oven to 220 °C/ 425F/ Gas 7.
2. Put the flour in a bowl, make a well in the middle and add the egg. Whisk (hand-held electric or balloon whisk will do) until the two are combined. Then gradually add the milk/water.
3. Continue adding the milk/ water until the batter has a smooth and thin consistency. Stir in a half-teaspoon of salt and leave the mixture to stand for ten minutes.
4. Don't put the batter in the fridge, but keep it at room temperature.
5. Put the beef dripping into Yorkshire Pudding tins or one large tin. Place the tin/tins in the oven until the fat starts to smoke. Give the batter a final stir and pour into the tin/tins. Put them back in the oven until well risen (this should take 10 to 15 minutes).