

Granny's Maple Puddings

When maple is in season, why not try this tempting maple pudding.

Ingredients 6 ounces all-purpose flour generous pinch of salt 2 eggs 1 3/4 cups milk 1 bottle pure maple syrup sour cream

Preparation

Break the eggs into a bowl and beat well. Whisk in flour, salt and milk to make a very smooth batter of pouring consistency. Set aside for at least 15 minutes.

Meanwhile, take a metal muffin tray and pour a tiny amount (less than a teaspoon-full) of light vegetable oil into the base of each individual "muffin place." Heat the oven to 400 degrees F and pop the muffin tray in to heat up the oil.

When the oil is hot (you can test by dropping a tiny spot of batter into the tray—the oil should sizzle when the two meet), give the batter a quick stir and then fill each muffin place with batter to almost full.

Hurry the tray back into the oven for 35 to 45 minutes—try not to open the oven door for the first 30 minutes, but check on them after that. Muffin trays vary in size, and your cooking time will vary accordingly. They should come out of the oven when they're golden brown and risen.

Serve hot with pure maple syrup and sour cream. Serves 6 (two small puddings per person).