

Dutch Babies (makes 2)

Kitchen # _____

- 2 eggs
- ½ cup milk
- ½ cup sifted all-purpose flour
- 1 pinch ground nutmeg
- 1 pinch salt
- 2 tablespoons butter
- 2 tablespoons confectioners' sugar for dusting
- Syrup (*optional*)



Note: You will make 2 batches of this recipe & use 2 cast iron pans.

Place the cast iron skillet inside the oven and preheat the oven to 475 degrees.

In a medium bowl, beat eggs with a whisk until light. Add milk and stir. Gradually whisk in flour, nutmeg and salt.

Remove skillet from oven and reduce oven heat to 425 degrees.. Melt butter in the hot skillet so that the inside of the skillet is completely coated with butter. Pour all the batter in the skillet and return the skillet to the oven.

Bake until puffed and lightly browned, about 12 minutes. With a **hot pad/mitt**, remove promptly and sprinkle with powdered sugar. Divide in half or thirds and serve with syrup, if desired.

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- _____ Preheat oven & Place cast iron skillet in it to preheat
 - _____ Crack & Beat eggs
 - _____ Measure/Whisk milk, flour, nutmeg & salt into egg mixture
 - _____ Measure/melt butter into preheated skillet; add batter & bake
 - _____ Remove from oven & Sprinkle with powdered sugar.
 - _____ Divide dish into even amounts & serve—syrup optional
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- _____ Wash dishes & empty sink drains
- _____ Rinse & Dry dishes & sink/faucet area
- _____ Put dishes away & place dirty towels in basket
- _____ Wipe off counters, microwaves, stove tops & tables
- _____ Sweep the floors, empty trash & place recipe in basket

Pre-Lab Questions

1. What type of quick bread batter does this recipe represent (pour, drop, soft-dough)? Evidence?
2. What must you do to the cast iron skillet before preparing this dish? Why?
3. How many cast iron skillets will you need for this recipe? Why?
4. Do you have to grease this pan? If so, what will you use? If not, why?
5. How long do you bake a Dutch baby?
6. How will you know when the dish is done baking? What will it look like?
7. What safety precaution do you need to remember when making this dish?
8. What garnish(es) are used in this recipe?
9. What recipe have we already prepared that sounds similar to this dish?
10. What must you do to the pan(s) immediately after the lab? Why?