

# **Cardamom Popovers with Cinnamon Mascarpone and Berries**

J. D. Hirsch - The Associated Press  
Palm Beach Post

**Servings: 12**

**Preparation Time: 45 minutes**

## **FOR THE POPOVERS**

**2 cups all-purpose flour**

**2 cups milk**

**4 large eggs**

**2 tablespoons butter, melted**

**1 tablespoon sugar**

**1 teaspoon salt**

**1/2 teaspoon ground cardamom**

## **FOR THE FILLING**

**2 tubs (8 ounce each) mascarpone cheese**

**2 tablespoons honey**

**juice and zest of one lemon**

**2 teaspoons cinnamon**

**sliced strawberries or other fresh berries (for garnish)**

Preheat the oven to 400 degrees.

Coat a 6-cup popover pan with cooking spray.

In a blender, combine the flour, milk, eggs, butter, sugar, salt and cardamom. Blend until the ingredients form a very smooth batter, about 1 minute.

Fill each of the prepared popover pan cups about halfway with batter. You should use only half of the batter in the blender. The remainder can be baked as a second batch or refrigerated for up to 24 hours.

Bake for 30 minutes.

Remove the popovers from the pan and use a knife to cut a small hole in the top of each to let the steam escape. Cool slightly.

Meanwhile, to prepare the filling, in a medium bowl gently stir together the mascarpone, honey, lemon juice and zest, and the cinnamon.

When the popovers have cooled just enough to handle, carefully tear the opening in each just enough to be able to spoon in about 1/4 cup of the filling.

Serve each with sliced strawberries or other fresh berries.

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Per Serving (excluding unknown items): 180 Calories; 7g Fat (36.8% calories from fat); 6g Protein; 22g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 244mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.