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           (2004 NHN&WR Letter # 20)

**Title: Yorkshire Pudding.**

          Yorkshire Pudding?  Yes, Yorkshire Pudding.  It is a pudding, glistening in delicious cholesterol, which has been cooked floating in/under a half an inch of melted beef fat and juices.  Can you handle this?  Yes?  Well, … from the beginning.

          Prime Rib Roast of Beef is a traditional Christmas meal for English folk.  However, if you plan to go the Yorkshire Pudding route do not purchase a run of the mill Supermarket Rib Roast.  It will be missing what you really need, … FAT.  Go to an old time butcher shop.  Tell the butcher you want a rib roast of so many ribs.  (We find three ribs about right for six).  Say not to de-fat it.  Say to remove the spinal cord,  shoulder bone and chine.  Say to tie the chine back on to protect the eye of the roast during the cooking period.  Say you are a Yorkshire Pudding connoisseur, … the butcher should understand.  Circa 2004, this will cost about $40 us, $50 can.  Sounds extravagant, but if you have just seen a matinee of *“The Producers”* on Broadway at $95 a pop, or not seen “Jerry Seinfeld” in Hartford CT at $78, it doesn’t seem bad at all.  We are up to 18 meal/servings from our early 2004 Holiday roast and are still counting.  (Roast dinners, Ginger Beef Stir Fry, French Onion Soup, Roast Beef Sandwiches.)

          Okay, let’s say we have a ‘three hour’ roast and begin.  A useful discipline prior to turning on the oven is checking oven/counter space.  Put the roast on the roasting pan and put it in the oven.  Adjust the oven shelf if necessary.  Is there room under the shelf for a second shelf?  You are going to need about 5 inches of clearance.  If you don’t have this much you must plan on setting the pudding dish on top of the roasting pan, side by side with the roast.  Push the roast to one side and try it.  Does it go?  Let’s say yes and continue.  You will need to accommodate: a hot roast beef, a hot roasting rack, a hot roasting pan and a hot Pyrex dish somewhere.  Be prepared.  (One might even try a dry run of the procedure described below.)  Being almost weaned from salt, we do nothing to the roast.  Fat side up, on a rack roasting pan, into a hot 550 degree oven it goes.  Normally we might inject in a few slivers of garlic, but since we serve the roast with a cabbage salad we don’t bother.  The salad has enough garlic to satisfy half a dozen Bulgarian wrestlers.  A scant bit of water in the bottom of the pan keeps the first dripping juices from instant solidification when hitting the hot pan.  Turn down the oven to 350 and turn your attention to, … ‘The Pudding’.

          Ingredients must be at room temperature when mixed or else pudding won’t puff.

          7/8 cup of flour.

          ½ tsp salt

          ½ cup milk

          2 eggs

          ½ cup water.

Set these out when the roast goes in.  One hour later mix them up: sift flour & salt, make well, dump in milk and stir.  Beat eggs till fluffy, add to batter.  Add water and beat till large bubbles appear.  Refrigerate for one hour or so.  Forty-five minutes before the roast is to be done, cover the bottom of the 9x12 Pyrex  dish with olive oil and put it in the oven for about 15 minutes.  Take the batter out of the refrigerator and re-bubble it.  Now comes the fun part and if you have a big dog get it out of the kitchen.   There is some fast footwork coming up.  Okay Jason, … you’re out of here.

          Open the oven.  Take out the Pyrex dish.  Take out the roasting pan.  Shut the oven.  Take the roast off the pan.  Take the rack off the pan.  Pour the hot fat in the pan into the Pyrex dish  Got 1/4 to 1/2 inch?  If not augment with more olive oil.  Pour the batter into the Pyrex dish.  It will look like a lava lamp.  Keep going at full speed.  Add a little water to the roasting pan. Put the rack back on the pan.  Put the roast back on the rack.  Open the oven.  Put the Pyrex dish and the roast back in.  Shut the oven.  Ta Da!

          30 minutes later, take out the roast and roasting pan,  Pudding stays in the oven,  Roast goes on platter, pan goes to burner.  You have a ten minute window to carve and make gravy.  Everybody at the table?  Good.  Turn off the oven.  Take out the pudding.  Drain off the fat.  Cut into six squares and serve from the dish.

          Happy Holidays All

          The Staff at NHN&WR.