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The British Tradition of Yorkshire Pudding

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Wesley J. Cook

Logan, Utah

November 2018

The British Tradition of Yorkshire Pudding

Foodways

Informant: Christine D. Hamilton is a mother of seven. At 66 years-old, she is a grandmother and great grandmother to many grandchildren. Christine immigrated from England when she was still an infant, eventually settling in Provo, Utah. Her British heritage is a subject of great pride to Christine, which she shares with her family through cooking British cuisine. Christine is my grandmother from my maternal side of the family.

Context: I interviewed Christine in her cozy home in Logan. She was sitting in her office working on adding to her family history work. Decorating her office are the various objects from England she has collected over the years. When asked about yorkshire pudding, she smiled and informed me she finally printed off a recipe. She then printed off a copy and handed it to me. Yorkshire puddings are a fluffy egg based pastry. They are inexpensive, and are often served with gravy. Hailing from England, yorkshire puddings are a common food that are enjoyed by all regardless of social status. In my family, yorkshire puddings are often eaten with Sunday dinners. They pair well with beef, poultry, and pork gravies. In addition to Sunday dinners, yorkshire puddings are always served at Thanksgiving. My Grandmother, Christine D. Hamilton, is the origin of the custom in my family. Christine taught her daughter (my mother) who then taught me. The passing on of this custom is mirrored among families of British origin.

Text: If you go. Gosh many generations, maybe 200 or 300 years ago, in England especially, yorkshires have been a part of their diner menu. It has been around for a long time. It is basically an English staple that goes with any main meal. Kind of across the social divide, not just the aristocracy, but just regular people loved yorkshire puddings! It is a very simple combination of... eggs mixed with salt to begin with, and then milk and flower added in. That is basically what it is. And to a consistency to where uh it rises in the oven and uh it really pops, it is baked in a muffin tin. It raises above the tin line. It is really just a fun thing to watch because they end up really big, and then kind of lose the balloon I guess effect and it goes down a bit, but then they are served with gravy. And so, My Mom and Dad being born in England and raised in

England. That is one of the English dishes they brought from England. So, we had that all the time we grew up. People did not know what yorkshire puddings were if they weren't from England. We grew to love yorkshire puddings! They went with all the holiday dinner and Sunday meal. As we grew up, and I raised my kids, I loved to make yorkshire puddings. I kind of figured out, my mom didn't have a recipe either. It depends on the consistency of the batter. You just mix it until it is super super good. You then add it to a muffin tin you grease with Crisco or flour. Then you got to watch them puff up. Anyways, that is kind of how it became a tradition with my kids. They loved them. They love to poke a hole in the yorkshires and fill them with gravy.

Yorkshire Puddings

(ingredients per batch)

2 eggs	1 ¼ cups milk
½ teaspoon salt	1 cup flour

Heat oven to 450°. Grease and flour muffin tins. Beat eggs/salt with a fork until mixed well. Beat in flour & milk (do not overbeat~ leave slightly lumpy). Fill cups about ¾ full. Bake 20-25 minutes (I check at 22 minutes) until light golden on top. Puddings will be high & puff over the muffin cups. If needed, use a knife around edges before removing. One batch makes approx. 8 -10 yorkshires. If using non-stick muffin pans, just spray with Pam (no flour).

Doubled Amounts:

4 eggs	2 ½ cups milk
1 teaspoon salt	2 cups flour

(would make about 16)

IN: C:\Users\Hamilton\Documents\yorkshire puddings.wpd

Texture: As Christine reminisced about her childhood, she was visibly excited. She was slow and deliberate in telling about her tradition, as her memory is starting slip as she gets older. Her tone was very soft spoken, but that is normal for her regardless of topic. Yorkshire pudding is a very light fluffy dish. However, a lot of attention goes into making it. A slight shift in the ratio of ingredients can ruin yorkshire puddings. The difficulty of the dish means that it is usually only eaten on special occasions.

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English 2210

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