



Toad in the Hole

Ingredients:

Firstly, you need to prepare the Yorkshire pudding batter.

100g plain flour

A pinch of salt

2 eggs, medium, beaten

150ml whole milk, semi skimmed milk or soya milk

150ml water

25g coconut oil

8 good quality Lincolnshire or Cumberland sausages

Method:

Mix the flour and salt into a bowl, make a well in the centre and add the eggs. Pour in half the milk and water mixture and gradually work in the flour with a spoon, or a blender on low setting until smooth.

Add the rest of the liquid and beat the batter again until it is well mixed and the surface is covered with tiny bubbles, then leave it to rest for at least 30 minutes by covering and placing in the fridge.

While it is resting prepare the sausages. Heat the oven to 180°C/350°F/Gas mark 4.

Place the sausages on a baking tray and roast for approximately 30 minutes until just turning brown.

Remove from the oven and turn the oven up to 220°C/425°F/Gas mark 7 and place the pan with the coconut oil into the oven which is going to take the Yorkshire pudding batter. Leave the pan in the hot oven for 5 minutes or so until the fat begins to show a haze.

Whisk the batter again briefly. Remove the tin with the hot coconut oil from the oven and immediately pour the batter into it. Add the cooked sausages on top and return to the oven.

Cook for 35 to 40 minutes until well risen, golden brown and crisp on the outside.

Variation

To make individual puddings, use a mince pie tray. Make the batter as in the recipe, heat some oil in each tin until it begins to haze and pour in the batter. Add a sausage broken in half to each tin. Cook for 15 - 20 minutes until the puddings have puffed up and are golden brown and crisp on the top. Serve them immediately.



Red onion gravy

Toad in the hole is super delicious when served with red onion gravy. While the sausages are cooking in the batter mix follow this recipe:

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| Knob of butter | 200ml red wine or port |
| 2 red onions, sliced thickly | 2 tbsp balsamic vinegar |
| 2 cloves of garlic, chopped chunky | Sprig of fresh thyme and rosemary |

Melt the butter in a pan and add the onions. Fry on a medium heat for 5 minutes. Add the garlic. Fry for a further 5 minutes. Add the red wine or port, balsamic vinegar, sprigs of thyme and rosemary, bring to the boil and simmer (with the lid off) while the toad in the hole is baking. The idea is to reduce the red wine/port to a thick, gooey sauce. If it reduces too quickly, add a little water, but not too much as you want the gravy to be thick and gloopy.

If the gravy needs to thicken further, turn up the heat a little.

Serve the toad in the hole with fresh vegetables and drizzle generously with the red onion gravy.