



INGREDIENTS (serves 4)

FOR THE TOAD IN THE HOLE

250g Plain flour
4x Eggs
250ml Milk
A pinch of salt and pepper to season
Vegetable oil
8 Sausages

FOR THE ONION GRAVY

2 tbsp Butter
2 Large onions thinly sliced
2 tbsp Vinegar
1 1/2 tsp Brown sugar
2 tbsp Plain flour
800ml Hot beef stock, from a stock cube or stock pot

NUTRITION INFORMATION

per 100g

Energy	1013kJ/242kcal
Fat	11g
of which saturates	4.3g
Carbohydrate	23g
of which sugars	3.4g
Protein	11g
Salt	11.9g

METHOD

FOR THE BATTER

1. Sieve the flour into a bowl and make a well in the centre.
2. Beat the eggs into the centre of the flour to form a smooth paste. Then gradually whisk in the milk to make a batter (to a dropping consistency).

TIPS FOR BATTER

(Essential - By slowly adding the milk you can make the judgment on how thick you want the batter to be. If you were to add all of the milk in one go this will also result in a lumpy batter.)

Rest the batter in the fridge if you can. (This will present a lighter pudding - this isn't essential.)

3. Place some oil in a frying pan and warm through. When the oil begins to heat, add your sausages and seal them off. Allow the sausages to colour all over (you do not need to fully cook them at this stage).
4. Place the sausages and onions in a deep hot ovenproof dish with a splash of oil to prevent the batter from sticking - a few tbsps is enough. Pour the batter over the sausages. The sausages should be half covered.
5. Place the dish in a hot pre-heated oven (220°C) and bake for approx., 25-30 minutes.
6. The batter will rise like Yorkshire Puddings and go extremely crisp on the top.
7. Test the sausages to make sure they are cooked (when the juices run clear they are ready).
8. Serve piping hot from the oven with mash potatoes, seasonal veg and onion gravy.

FOR THE ONION GRAVY

1. Heat the butter in a large frying pan. Add the onion and cook to bring out the natural sugars.
2. Once the onions have begun to cook sprinkle in the sugar and vinegar, then cook gently, stirring occasionally, for 10 to 15 minutes or until the onion is soft and lightly caramelised.
3. Sprinkle the flour over the onion, stir and cook for 1 minute. Gradually stir in the stock. Bring to the boil, then reduce the heat and leave to simmer gently until thickened.