

# Toad-in-the-Hole

We don't know where this recipe gets its name because it has nothing to do with toads! However, it is a very traditional English recipe based on Yorkshire or batter puddings. Cook it in a large dish for a family or in individual portions for a smarter appearance. Traditionally, batter puddings were served before a meal to fill everyone up so they ate less of the expensive ingredient – meat! It is still very popular today.



Egg, milk, soya, sulphites and wheat (gluten)\*

Nutritional information per portion (191g):

Energy	Fat	Saturates	Sugars	Salt
1504kJ 358kcal 20%	<b>13g</b> 19%	<b>4.1g</b> 21%	<b>4.1g</b> 5%	<b>1.2g</b> 20%

of an adult's reference intake.  
Typical values per 100g: energy 787kJ/187kcal.

## Equipment

Weighing scales  
Sieve  
Large mixing bowl  
Medium bowl  
Whisk  
Measuring jug  
5ml spoon  
Scissors  
Shallow ovenproof dish  
or roasting tin (which  
holds at least 750ml)  
Oven gloves  
Pan stand

## Ingredients

**Serves 4**  
100g plain flour  
1 egg  
250ml semi-skimmed milk  
¼ x 5ml spoon black pepper  
8 thick reduced-fat sausages  
(approx. 450g)  
1 x 15ml spoon sunflower oil

\*Presence of allergens can vary by brand –  
always check product labels. If you serve  
food outside the home you must make  
allergen information available when asked.



## Top Tip

- If you have a liquidiser, mixer, food processor or blender you can make the batter very quickly. Just put all the batter ingredients in together and mix or blend until smooth.

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## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Sieve the flour into a large bowl.
3. Break the egg into another bowl and mix with a whisk.
4. Add half the milk to the egg.
5. Make a hole in the middle of the flour and pour in the egg and milk mixture, whisk together well.
6. Gradually add the rest of the milk, whisking well to make a smooth batter.
7. Add the black pepper.
8. Separate the sausages with scissors and put into the ovenproof dish with the oil.
9. Cook the sausages in the oven for 10 minutes.
10. Remove the dish from the oven, turn over the sausages and pour the batter mixture around the sausages.
11. Return to the oven and bake for 20–25 minutes until the batter is golden and risen.

## Something to try next time

The batter mixture will also make Yorkshire puddings. To make them:

- Preheat the oven to 200°C/180°C fan or gas mark 6.
- Put 1 x 5ml spoon of vegetable oil into each cup of a 12-hole bun tin. Put the bun tin into the preheated oven until very hot (about 5 minutes).
- Carefully bring out the bun tin, re-whisk the batter and pour into the cups. You may find a jug is easier for this.
- Return the tray to the oven and cook for 15–20 minutes until the Yorkshire puddings are risen and golden.
- For a quick dessert, put a couple of slices of eating apple into each Yorkshire pudding before cooking. Dust with a little sugar before serving.
- Or put 10g of Cheddar cheese cut into small cubes and some snipped chives into each Yorkshire pudding before cooking to make a savoury treat.

## Prepare now, eat later

- It is possible to freeze the cooked dish, but it is much better eaten freshly cooked from the oven.

### Skills used include:

Weighing, measuring, sifting, whisking, baking and serving.