

Yorkshire Pudding Recipe

The secret to getting gloriously puffed-up Yorkshire puddings is to have the fat sizzling hot and don't open the oven door!

Ingredients

| Item | Qty | Unit |
|------------------------|-----|------------|
| Fresh Whole Milk | 200 | ml |
| Medium Free Range Eggs | 4 | egg |
| Plain Flour | 140 | g |
| Sunflower oil | 1 | tbsp (15g) |



Method

STEP 1

Heat oven to 230C/fan 210C/gas 8.

STEP 2

Drizzle a little sunflower oil evenly into two 4-hole Yorkshire pudding tins or two 12-hole non-stick muffin tins and place in the oven to heat through.

STEP 3

To make the batter, tip 140g plain flour into a bowl and beat in 4 eggs until smooth.

STEP 4

Gradually add 200ml milk and carry on beating until the mix is completely lump-free. Season with salt and pepper.

STEP 5

Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes.

STEP 6

Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned.

STEP 7

Serve immediately. You can now cool them and freeze for up to 1 month.

Allergens

| | |
|---|--------------------------|
| Eggs  | (Medium Free Range Eggs) |
| Milk  | (Fresh Whole Milk) |
| Wheat  | (Plain Flour) |

| Nutrients | Portion | 100g |
|---------------|-------------|------------|
| Energy | 1044.52kcal | 184.22kcal |
| Salt | 1.19g | 0.21g |
| Fat | 43.86g | 7.74g |
| Saturated fat | 12.17g | 2.15g |
| Carbohydrate | 112.51g | 19.84g |
| Sugar | 9.75g | 1.72g |
| Protein | 47.57g | 8.39g |
| Fibre | 5.32g | 0.94g |