

# Toad in the Hole served with Mash, Carrots and Broccoli



## Ingredients for Toad in the Hole:

- 175ml Semi-Skimmed Milk
- 140g Plain Flour
- 4 Sausages
- 2 Eggs
- 1 Tablespoon Sunflower Oil: School to Provide
- 1 Teaspoon Sunflower Oil if Baking Sausages: School to Provide
- ½ Teaspoon Salt: School to Provide

## Ingredients for accompaniments:

- 25g Butter
- 2 Potatoes
- 2 Carrots
- ½ Broccoli
- Pinch of Salt: School to Provide
- Pinch of Pepper: School to Provide

Please bring containers to carry your product home in. You will want one for the toad in the hole and another for the vegetables.

## Method:

- Pre-heat the oven to 220°C or Gas Mark 7.
- Weigh and measure out all the ingredients accurately.
- The sausages can be cooked in a variety of ways, select the one you would prefer:
  - Grill:** Preheat the grill, line the grill rack tray with tin foil. Place the sausages evenly apart on the grill rack and grill the sausages, ensure you turn the sausages regularly with a fork or tongs. Cook until browned.
  - Fry:** Add 1 Teaspoon of sunflower oil to a frying pan, add the sausages. Place the frying pan on the front of the hob and heat sausages thoroughly. Keep the temperature low otherwise they will spit. Cook until browned.
  - Bake:** Put the sausages in a roasting tin with 1 tablespoon of sunflower oil and bake for 15 to 25 minutes until browned.
- Place 1 tablespoon of sunflower oil into the baking tin you are going to make the toad in the hole in. Place the baking tray in the oven to allow the oil to get hot.
- Meanwhile, make the batter. Sieve the flour into a large bowl with ½ teaspoon salt.
- Crack the first egg into a small bowl and check for any shell.
- Crack the second egg into a different small bowl and check for any shell.
- Make a well in the middle of the flour and add the two eggs.
- Use an electric whisk to mix all the ingredients together.
- Slowly add the milk, whisking all the time.
- Leave the batter mixture to stand until the sausages are brown.
- Half fill a large saucepan with water, place at the back of the hob and bring to the boil.
- Using a vegetable peeler, remove the skins from the potatoes and carrots.
- Cut the potatoes in half and then in half again. Ensure the pieces are even in size.
- Bring the saucepan of boiled water to the front of the hob; add the potato pieces, return to the back of the hob, bring the water to the boil, then reduce and simmer for 25 minutes.
- This step needs to be done quickly: using oven gloves, remove the baking tin from the oven, place on a pan stand, add the sausages. Pour in the batter mix. Return the baking tin to the oven, ensure it is placed on the top shelf and cook for 25 to 30 minutes, until risen and golden.
- Prepare the carrots by cutting them into slices or batons. When the potatoes have 15 minutes left on the timer, add the carrots to the same saucepan.
- Half fill another small saucepan with water, place on the back of the hob and bring the water to the boil.
- Prepare the broccoli by cutting it into florets.
- When the water is boiled, bring the saucepan to the front of the hob; add the florets of broccoli and boil for 10 minutes.
- When the potatoes and carrots are soft, drain in the colander over the sink.
- Set the carrots to one side and put the potatoes back into the saucepan, place on a pan stand and mash with a masher until soft. Add butter, salt and pepper.
- When the carrots are cooked, drain in the colander over the sink.
- Using oven gloves remove the toad in the hole from the oven. Place the baking tin on a pan stand. Use a food probe to ensure the sausages have a core temperature of 75°C. Allow to cool for a few minutes. Use a table knife to loosen the Yorkshire from the side of the tin.
- Serve toad in the hole with mash potato, carrots and broccoli.

