



FROM THE KITCHEN OF: PAUL HOPKINS
TECHNICAL RECRUITER - JSG JACKSONVILLE

TOAD IN THE HOLE

INGREDIENTS

- sunflower oil
- 8 large quality higher-welfare sausages
- 4 sprigs of fresh rosemary
- 2 large red onions
- 2 cloves of garlic
- 2 knobs of unsalted butter
- 6 tablespoons balsamic vinegar
- 1 level tablespoon vegetable stock powder or 1 organic vegetable stock cube

BATTER

- 285 ml milk
- 115 grams plain flour
- 3 large free-range eggs

"THIS IS A DISH THAT MY MUM MAKES FOR ME EVERY TIME I AM BACK IN ENGLAND FOR THE HOLIDAYS. I DON'T HAVE HER RECIPE, BUT I MANAGED TO FIND ONE WHICH IS VERY CLOSE. THE DISH IS CALLED TOAD IN THE HOLE, AND IT IS GOOD, OLD FASHIONED ENGLISH COMFORT FOOD".

INSTRUCTIONS

Mix the batter ingredients together with a pinch of sea salt, and put to one side. I like the batter to go huge so the key thing is to have an appropriately-sized baking tin – the thinner the better – as we need to get the oil smoking hot.

Put 1cm of sunflower oil into a baking tin, then place on the middle shelf of your oven at its highest setting (240–250°C/475°F/gas 9). Place a larger tray underneath it to catch any oil that overflows from the tin while cooking.

When the oil is very hot, add the sausages – keep an eye on them and allow them to colour until lightly golden.

At this point, carefully take the tin out of the oven and pour the batter over the sausages. Throw a couple of sprigs of rosemary into the batter.

It will bubble and possibly even spit a little, so carefully put the tin back in the oven, and close the door. Don't open it for at least 20 minutes, as Yorkshire puddings can be a bit temperamental when rising. Remove from the oven when golden and crisp.

For the onion gravy, peel and finely slice the onions and garlic, then simply fry off in the butter on a medium heat for about 5 minutes, or until they go sweet and translucent. You could add a little thyme or rosemary here, if you like. Add the balsamic vinegar and allow it to cook down by half.

At this point, I do cheat a little and add a stock cube or powder. Sprinkle this in and add a little water. Allow to simmer.

Serve at the table with the Toad in the Hole, mashed potatoes, greens and baked beans or maybe a green salad if you're feeling a little guilty!