

Toad in the hole



This recipe will make 1 Toad, which will serve 4 people.
Preparation time is 30 minutes, with a cooking time of 45 minutes.

Preheated oven at 200oC/180oC Fan/400oF/Gas Mark 4 for first 25 minutes, then reduce to 160oC/150oC Fan/325oF/Gas Mark 3 for 20 minutes.

Ingredients

450g/1lb of gluten free pork sausages

Batter

6 x 15ml tbsp light and mild olive oil

300ml/½ pint of water

175g/6oz Glutafin Gluten Free Multipurpose White Mix

Pinch of salt and ground black pepper

4 large eggs (whisked)

Method

1. Grill the sausages to drain away some of the fat, on a medium setting for 10 minutes. Then place in a medium size ovenproof dish.
2. Meanwhile prepare the batter. Heat the oil and water together for 3 - 4 minutes, in a large bowl in the microwave, until simmering. Stir in the White Mix and seasonings with a wooden spoon, to make a thick smooth paste.
3. For ease, place the paste in a food processor and gradually pour in the eggs, whilst the machine is on a medium speed. Then mix on a maximum speed for a further 30 seconds. Alternatively, beat in the eggs with a wooden spoon or electric whisk.
4. Spoon thick batter over the sausages. Then oven cook for 45 minutes, reducing the temperature after 25 minutes. The mixture will puff up and brown quite rapidly, but it needs the full cooking time, to cook through to the centre.
5. Then divide the Toad into 4 and serve with vegetables of your choice.