

Toad in the hole with onion gravy

Ingredients

1 pack sausages
1 tbsp sunflower oil
140g plain flour
 $\frac{1}{2}$ tsp salt
2 eggs
175ml semi-skimmed milk
1 red onion, thinly sliced
1 dsp sugar
1 tbsp balsamic vinegar
1 tbsp plain flour
300ml water
1 beef/chicken stock cube

★ Aim higher

- Flavour batter with wholegrain mustard or herbs
- Add wedges of apple, carrot or parsnip
- Wrap sausages in bacon
- Make mini toads in a muffin tin

Equipment

*** PLEASE REMEMBER TO BRING AN OVENPROOF DISH OR TIN FROM HOME (APPROX 20CM SQUARE)***

Please bring a container with a lid to put your food in

Oven temperature 220°C or 200°C fan or gas 7

Method:

1. Preheat oven. Put the sausages in the ovenproof dish/tin with the oil and then bake for 15 mins until browned.
2. Meanwhile, make up the batter mix. Tip the flour into a bowl with the salt, make a well in the middle and crack both eggs into it. Use an electric whisk to mix it together, then slowly add the milk, whisking all the time. Leave to stand until the sausages are nice and brown.
3. Carefully remove the tin from the oven - watch because the fat will be sizzling hot. Immediately pour in the batter mix, transfer to the top shelf of the oven, then cook for 25-30 mins, until risen and golden.
4. Meanwhile, make the gravy. Drizzle a little oil into a saucepan. Add the sliced onions and cook slowly for 15 mins. Stir every now and then until they are soft and caramelised. Add the sugar and balsamic vinegar, and cook for 5 mins more until sticky.
5. To finish the gravy, stir the flour into the onions to make a paste, cooking for 1-2 mins. Continue stirring while you add the stock and some seasoning, and continue bubbling for 10 mins while the toad cooks.