



## Let's Get Cooking - Yorkshire Puddings

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



### Ingredients

140g plain flour  
(this is about 200ml/7fl oz)

4 eggs (200ml/7fl oz)

200ml milk

sunflower oil, for cooking

#### Nutrition: per pud

kcal:	199
fat:	13g
saturates:	2g
carbs:	15g
sugars:	1g
fibre:	0g
protein:	6g
salt:	0.12g

### 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.