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Yorkshire Pudding

So much has been written about making Yorkshire puddings, but here in Yorkshire this is how we make them.

Ingredients:

- 110g/4 oz/1 cup Wellfoods Gluten free flour.
- Pinch salt and freshly ground black pepper.
- 1 large free-range egg, or 2 medium.
- 300ml /10oz semi-skimmed milk. (or use a mix of milk & water)
- 4 hole Yorkshire Pudding tin (or a 12 hole bun tin) or a square shallow baking tin.
- Vegetable oil or lard or beef dripping.

Method:

- Sift the flour, salt and pepper together into a bowl and make a well in the centre.
- Break the egg into the well and begin to stir from the centre, incorporating the flour slowly.
- Add the liquid a little bit at a time until all the flour is well mixed, and the batter is lump free.
- Beat the mixture well until the surface of the batter is covered with small air bubbles.
- Leave to stand in the fridge for 30 minutes. Batter should be thickness of single cream, and may tighten up during the relaxation time. (Add more liquid if required)
- Pre heat the oven, Gas Mark 7 / 200c / 400f. (If you have cooked a meat joint, the meat can "rest" while you cook the Puddings)
- Put the vegetable oil, dripping or a knob of lard into each of the holes of the tin and heat in the oven until blue smoke is seen coming from the tin.
- Quickly put 2 or 3 tablespoonful of batter into each hole, and return the tin to the oven.
- Bake for about 12-15 mins (varies as to size of the Puddings) until golden.
- Serve with real gravy.

Variations:

Add fine chopped onions (sautéed) and sage or parsley & thyme to the mixture before baking to give added flavour.