

## NUTRITION: Lazza's Kitchen

### Toad In The Hole

Lazza is still trying out new recipes  
Today - he cooks toad in the hole for the first ever time

“Dishes like toad in the hole appeared in print as early as 1762, where it was described as a "vulgar" name for a "small piece of beef baked in a large pudding". Toad in the hole was originally created as a way to stretch out meat in poor households. Chefs therefore suggested using the cheapest meats in this dish.”



Not a lot of ingredients again

8oz / 225g Plain Flour  
300 ml of Milk  
8 Sausages  
3 Eggs  
Salt and Black Pepper  
Little bit of oil

- Preheat the oven to 200C, and in a roasting tin, add the oil and sausages and cook them until they are brown on all sides (turn occasionally). They don't have to be cooked through.
- For the batter:
- Add the flour to a large bowl, and add the salt and pepper.
- Make a well in the middle and add the three eggs and whisk them slowly into the flour.
- Once combined, add the milk gradually, whisking all the time, so that you have a smooth lump-free mix.
- Cover the batter and rest in fridge for an hour (I just realised I did not do that - it did not matter)
- Now add the batter to the browned sausages and return to the oven.
- Cook for a further 30-35 minutes until the batter is risen and golden brown.
- Bring out and serve.

I found the mixture stuck a bit to the dish, but when left to soak it washed out fine.  
Browning the sausages first was a good idea, as it meant a great taste with the batter.



I had cut mine into four portions (two of which I gave away). It tasted delicious.

As always, I was stunned I had created such a dish!!!

During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and tasty dish to prepare.