
RECIPE OF THE WEEK

Toad in the Hole

Toad in the hole is probably the definition of comfort food to an Englishman as much Pizza Napoli is to a southern Italian and Ragu Bolognese is to a northerner. All three of these dishes make into the gold standard of children's cooking since it's something that Mum know's best!

In this case I use red onions for colour and sweetness and a herb sausage for Englishness. If you want to go Mrs Beeton add a few kidneys or some pheasant. To get a nice sweet gravy



to balance with the savoury of the Toad I use Foraging Fox beetroot ketchup as my magic ingredient but you can use cranberry or redcurrant if you have some in your storecupboard. To make you batter rise more impressively add a splash of sparkling spring water.

*8 Brixworth or Scarborough sausages
2 large red onions, peeled and quartered
rapeseed or olive oil*

for the Yorkshire batter

150g plain flour

3 free range eggs

200g milk

1 tbsp chopped rosemary needles

For the red onion gravy

1 large onion

butter

2 tsp plain flour

500g beef stock

a splash of red wine

*2 tsp Foraging Fox beetroot ketchup or Fosters
cranberry or redcurrant jelly*

Preheat your oven to 220°C/fan 200°C or gas mark 7. Arrange your sausages and onions in an ovenproof tray or casserole, drizzle over some rapeseed or light olive oil and cook on a griddle pan or sauté pan on the hob, turning until golden brown all over.

Meanwhile put 150g plain flour in a bowl with a teaspoon of sea salt. Gradually whisk in the eggs and milk to make a batter, then stir in the rosemary. Add 2 tablespoons of oil to the sausage pan and put the pan in the oven for 5 minutes. Take out and pour over the batter.

Put the pan back for 30 minutes until risen and browned as the picture left. To make your gravy, peel the red onion then slice thinly or use a mandolin. Heat a knob of butter in

a pan then cook the onion, until golden. Add the flour then stir until it turns straw coloured. Stir in the stock and wine then simmer for 20 minutes. Stir in the Foraging Fox beetroot ketchup or a dollop of fruit jelly. Serve the toad with gravy and steamed green vegetables.

To download this recipe go to www.squisito-deli.co.uk
