

Community **COOK BOOK**

Contents

Welcome to our Community Cookbook, a collection of recipes from staff and students that showcases the diverse food culture on campus.

Each recipe features at least one ingredient available through our Community Pantry scheme, which offers food parcels to students who need them most, including long-lasting cupboard staples like rice, pasta and beans. Explore new dishes and the stories behind them, all while enjoying easy, budget-friendly meals.

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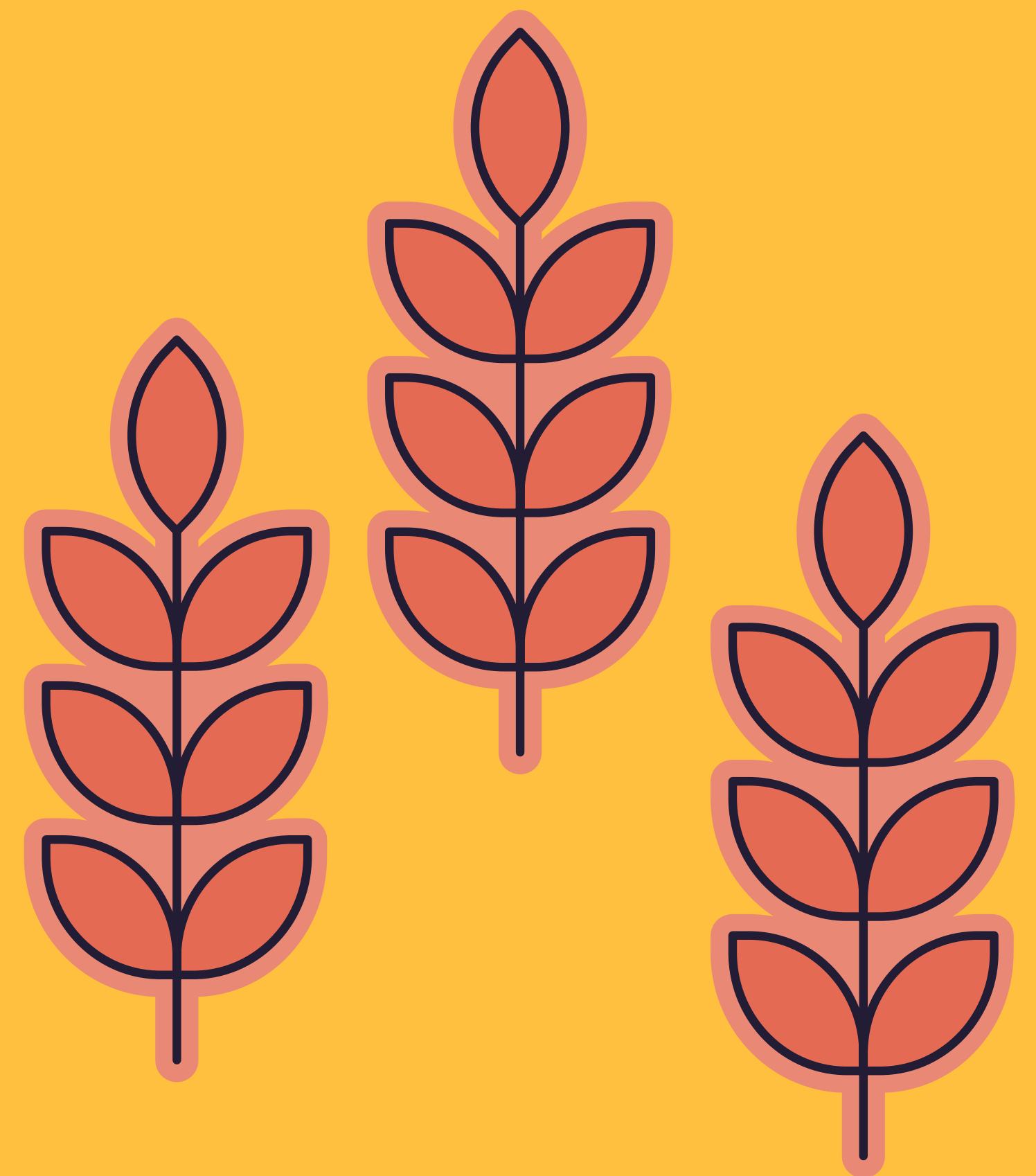
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Easy Overnight Oats

 Serves: 1

By Anbu

This has saved me from stressing about what to eat because it is so easy to make.





Ingredients

150g porridge oats
1 tbsp chia seeds
30g protein powder
2-3 tbsp yoghurt
5-6 pecans
1-2 tsp cinnamon
300ml water



Method

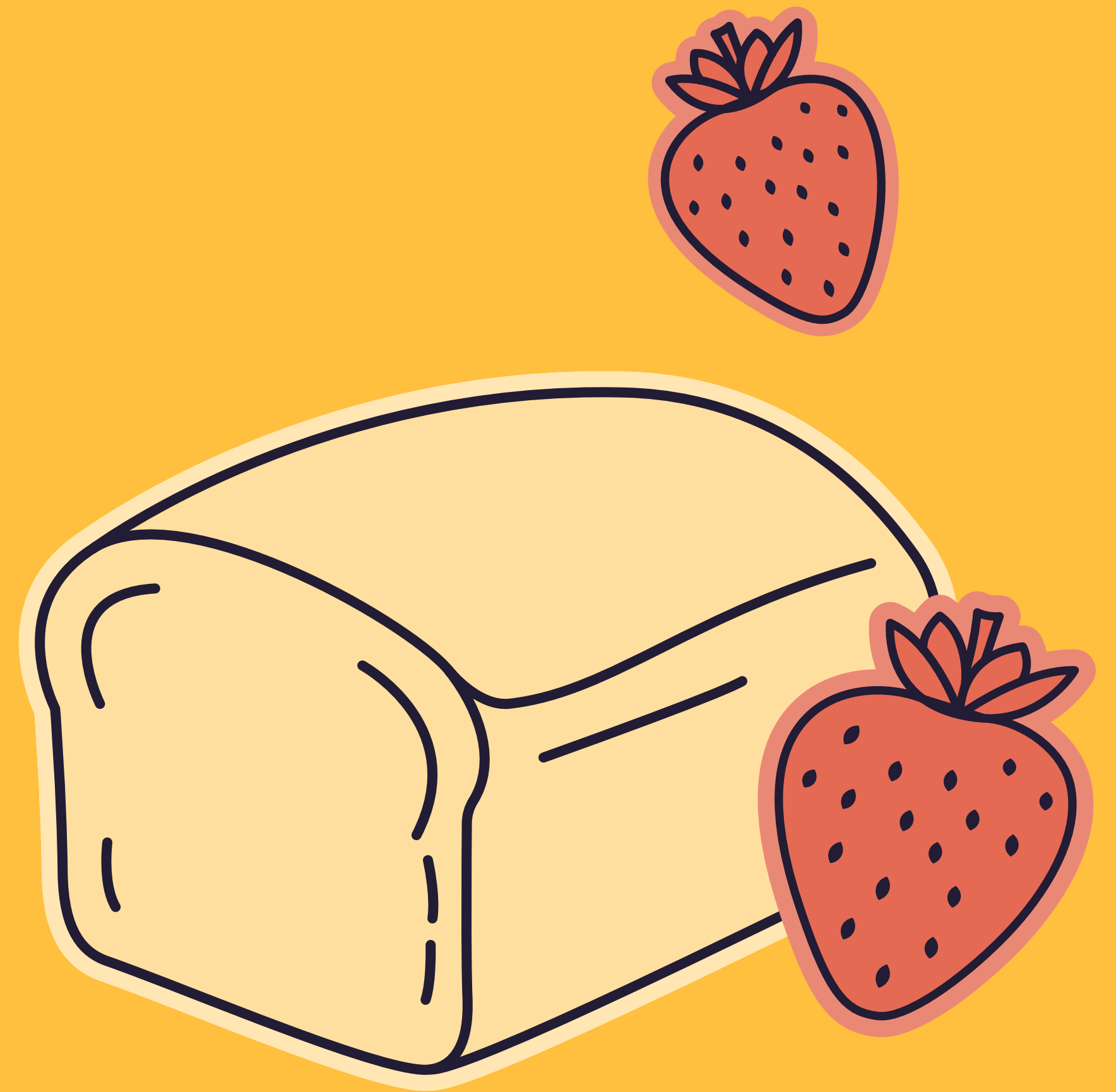
1. Mix the porridge oats, chia seeds, protein powder and cinnamon together in a bowl and add water.
2. Put the bowl in the fridge overnight.
3. Serve with pecans and yoghurt.

French Toast

 Serves: 1

By Aamish

I used to eat French Toast every Saturday for breakfast in my garden with my family.





Ingredients

2 slices of bread (preferably brioche or thick cut)

2 eggs

120ml milk

1 tsp vanilla extract

1 tbsp butter

1 tbsp granulated sugar

½ tsp cinnamon

Pinch of salt

Maple syrup or powdered sugar

Preferred fresh fruit



Method

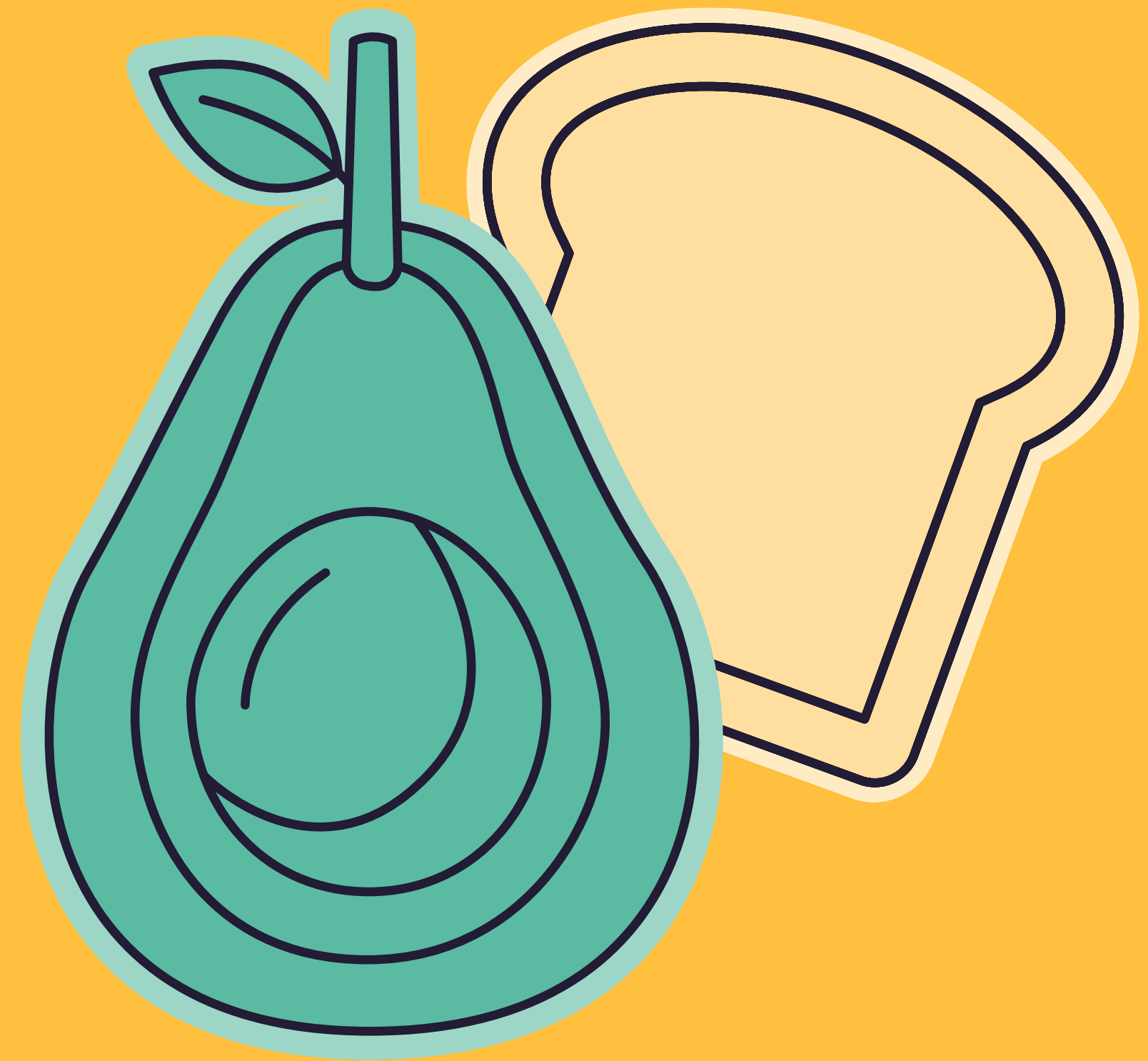
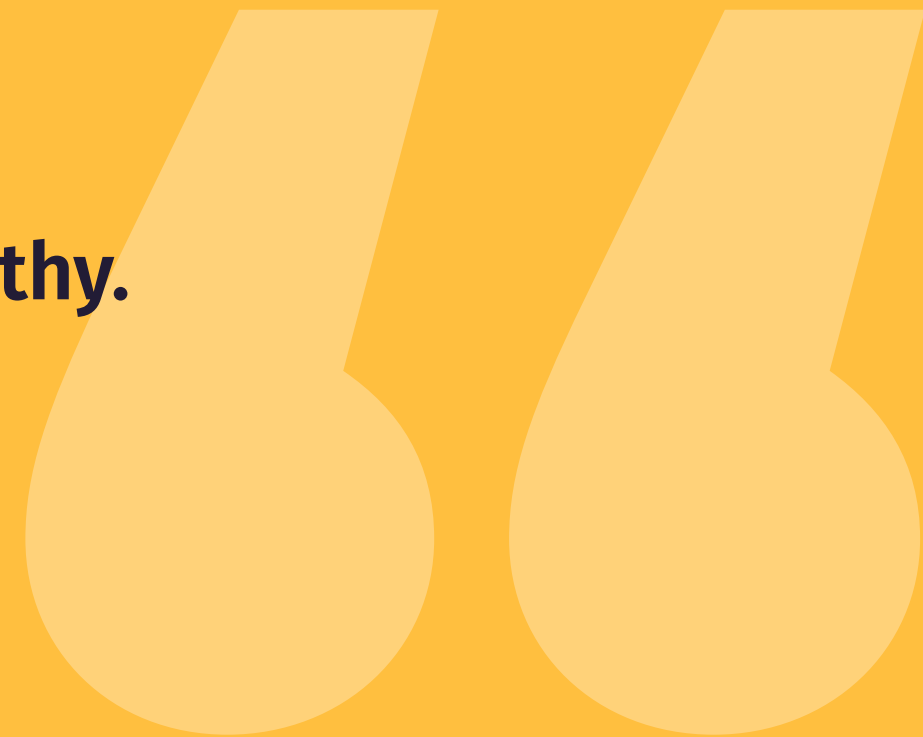
1. In a bowl, whisk together eggs, milk, vanilla extract, cinnamon, sugar, and a pinch of salt.
2. Heat a pan over medium heat and melt butter.
3. Dip each slice of bread into the egg mixture, ensuring both sides are coated but not overly soaked.
4. Place the bread into the hot pan and cook for around 2-3 minutes on each side, or until golden brown.
5. Remove from heat and serve warm with maple syrup, powdered sugar or fresh fruit.

Avocado Toast

 Serves: 1

By Ravi

This recipe is quick and healthy.





Ingredients

1 ripe avocado
2 slices of bread
15g butter
1 onion
1 tomato
½ tsp lemon juice
1 tbsp coriander
1-2 chopped green chilli
Salt and pepper, to taste



Method

1. Toast bread, then butter and put to one side.
2. Cut your avocado in half, remove its stone and scoop the flesh out into a bowl.
3. Smash avocado and add finely chopped onion, green chilli, coriander and tomatoes.
4. Add lemon juice and salt and pepper as per your taste.
5. Spread the mix on top of toasted bread and enjoy your quick and easy breakfast.

Baked Oats Cake

 Serves: 4

By Devika

A sweet treat which helps me satisfy my cravings.





Ingredients

100g rolled or instant oats
250ml water
1 tsp baking powder
 $\frac{1}{4}$ tsp baking soda
1 tbsp maple syrup or sugar/sweetener to taste
30g cocoa powder
2 eggs
Pinch of salt

Optional

$1\frac{1}{2}$ – 2 tsp vanilla extract
1 scoop protein powder



Method

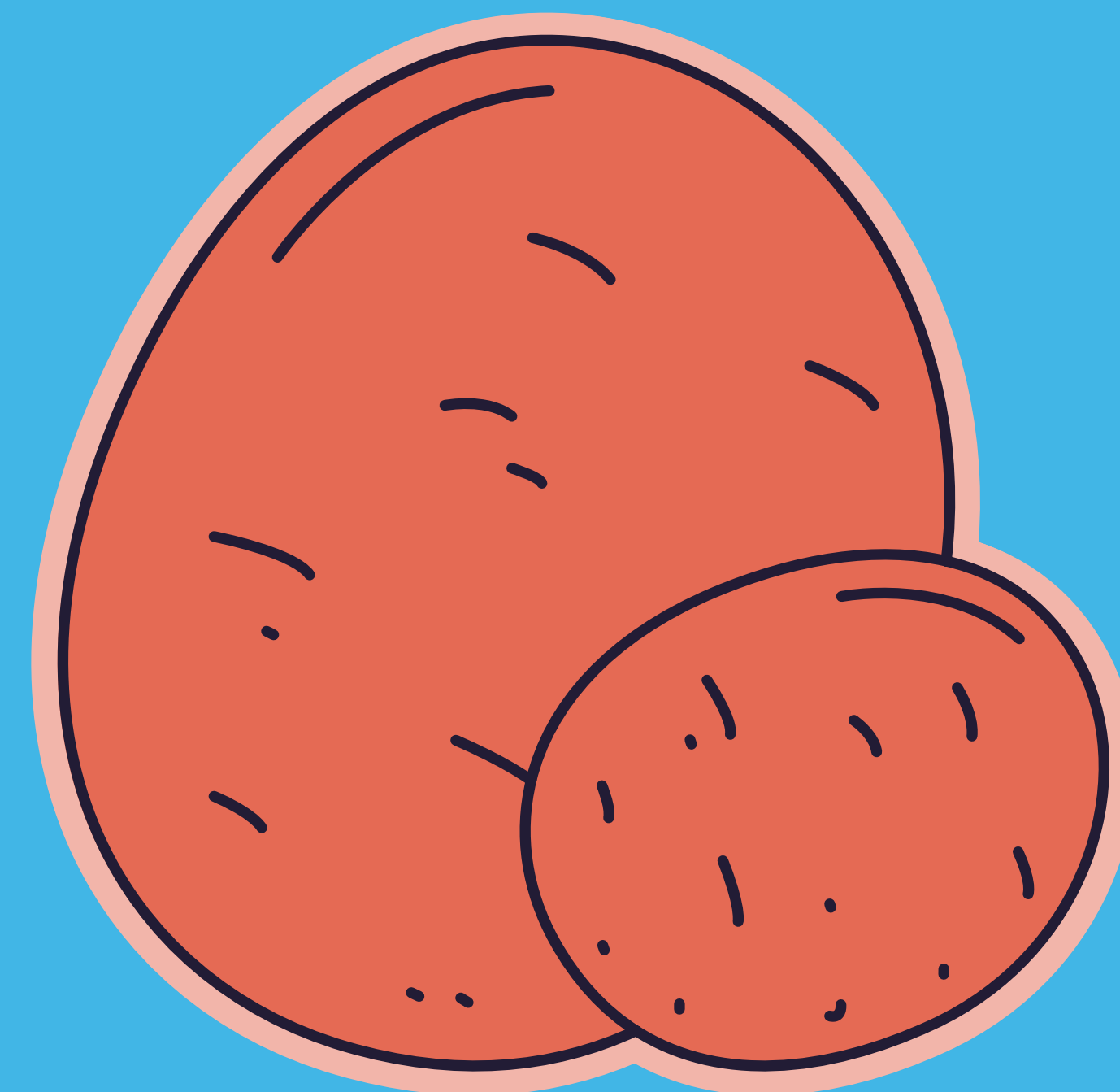
1. Preheat the oven to 200C / 180 fan / gas mark 6.
2. Put all ingredients in a food processor and blend until mixture is fully combined.
3. Pour into an oven proof container and bake for 30 minutes.

Sweet Potato and Peanut Curry

 Serves: 4

By Hope

This recipe was one of my favourites to make at uni because it is simple to make and freezes well - meaning you can enjoy it later!





Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 3 tbsp Thai red curry paste
- 1 tbsp smooth peanut butter
- 500g sweet potato, peeled and cut into chunks
- 400ml coconut milk
- 200g spinach
- 200ml hot water
- 1 packet of microwave rice



Method

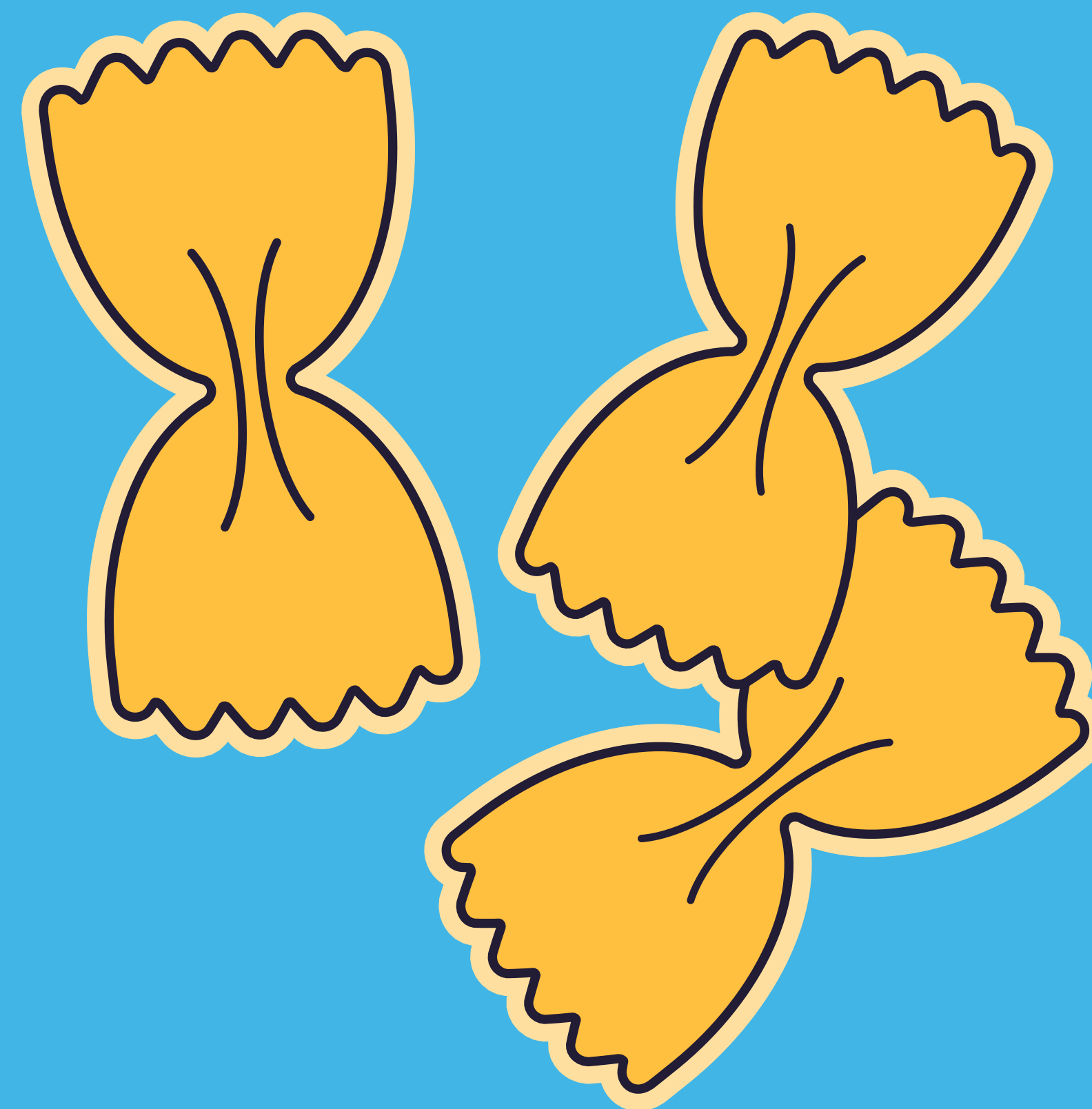
1. Heat oil over medium heat and fry onion for 5 mins.
2. Stir in Thai red curry paste, peanut butter and sweet potato, then add coconut milk and hot water.
3. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 minutes.
4. Stir through the spinach.
5. Microwave the rice packet and then serve with the curry.

Pesto and Yoghurt Pasta

 Serves: 1

By Lauren

This is a basic and easy way
to elevate a staple uni meal.





Ingredients

75g pasta

50g Greek yoghurt

30g pesto

½ red pepper, chopped

Handful of rocket

30g grated cheese



Method

1. Pre-heat the oven at 180C / 160 fan / gas mark 4.
2. Chop the pepper and place on a tray in the oven for 25 minutes.
3. Boil pasta according to packet instructions.
4. Meanwhile, mix yoghurt and pesto together.
5. Once everything is cooked, mix together and top with the rocket and cheese.

Vegetarian

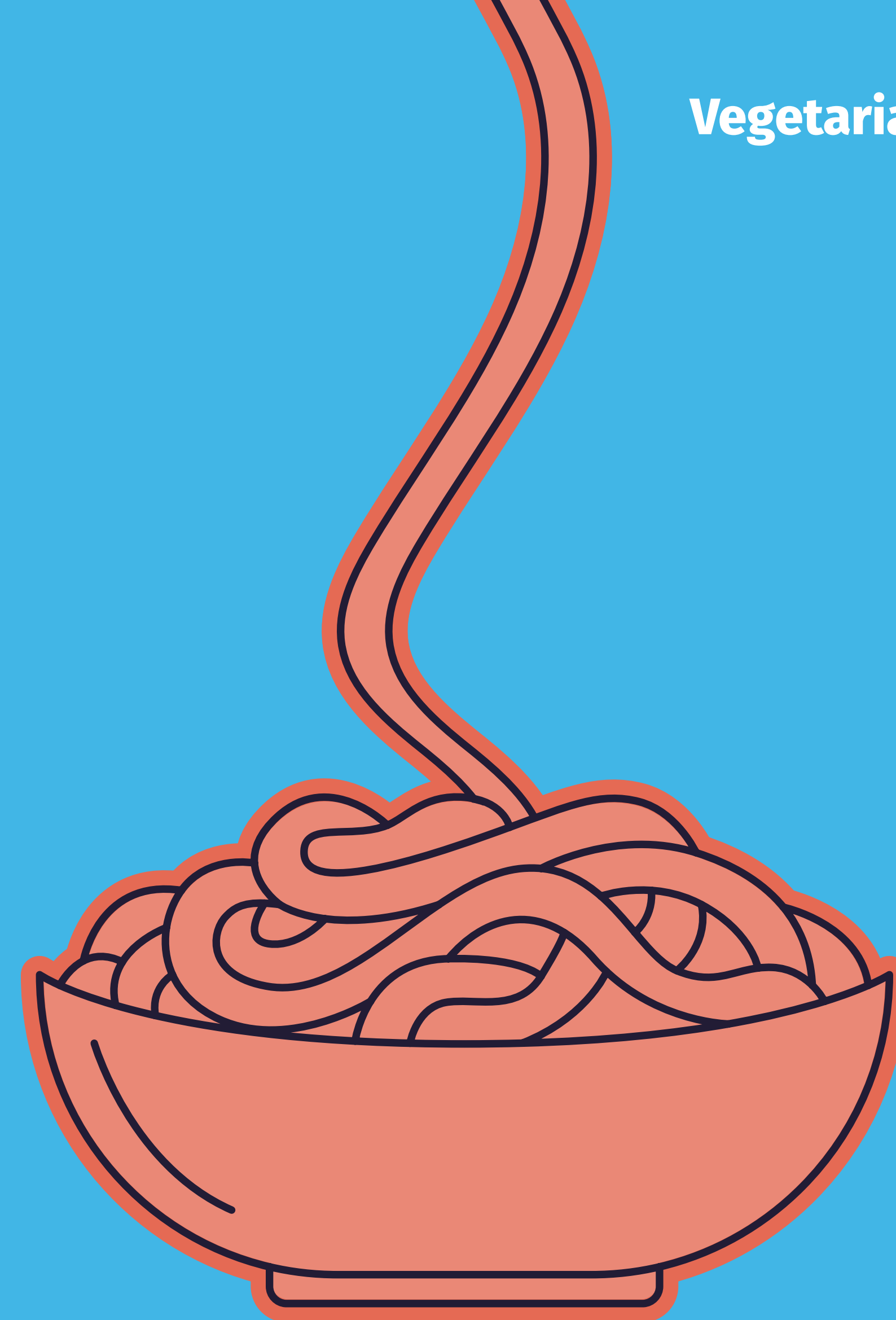
Creamy Aglio e Olio



Serves: 2

By Taniya and Saniya

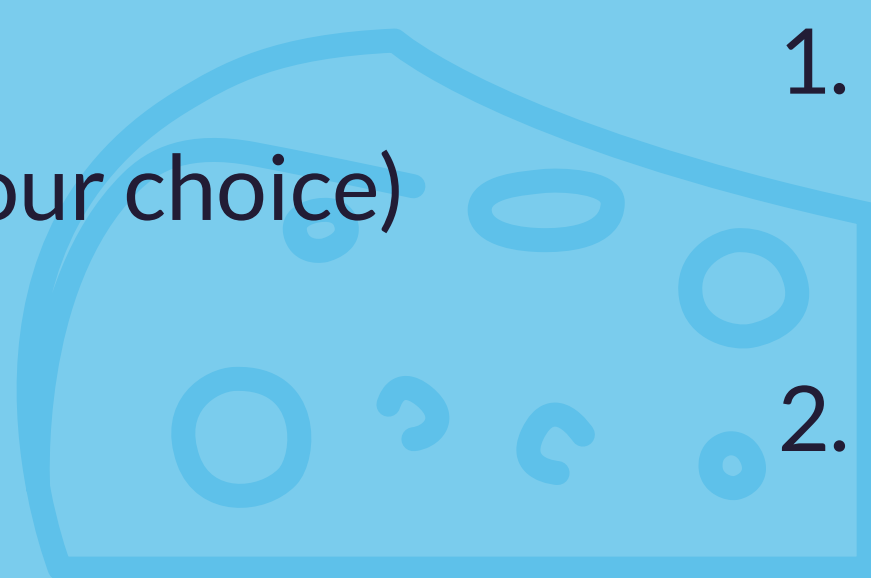
It's more than just a dish; it's my
version of comfort in a bowl.





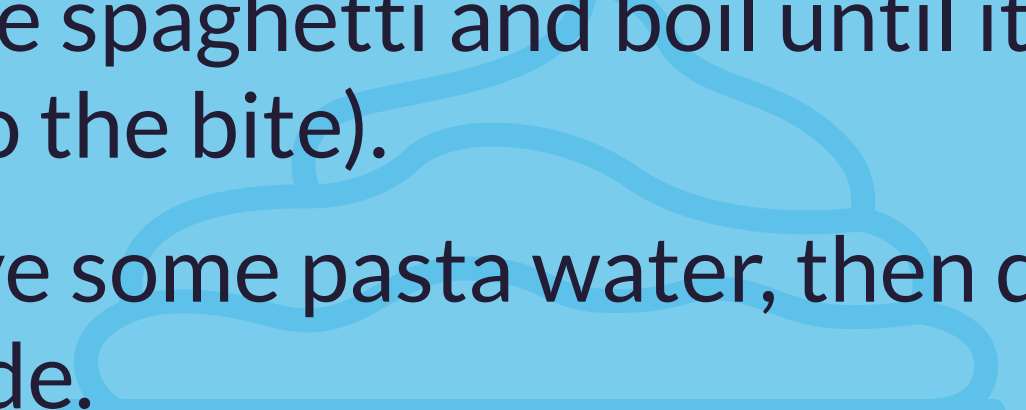
Ingredients

200g spaghetti
2 tbsp butter
2 tbsp olive oil
4-5 garlic cloves, finely chopped
1 tsp chilli flakes (adjust to taste)
75g grated cheese (any cheese of your choice)
120ml heavy cream
Salt, to taste
Chilli flakes, to taste



Method


Cook the spaghetti:

1. Bring a large pan of salted water to the boil. Add the spaghetti and boil until it is 70% done (firm to the bite).
 2. Reserve some pasta water, then drain and set aside.
- 

Prepare the garlic infused oil:

1. In a separate pan, heat butter and olive oil over medium heat. Add the garlic and sauté until brown. Stir in the chilli flakes and cook for a few seconds to release their flavour.

Combine the ingredients:

1. Add the spaghetti into the pan and toss to coat in the chilli-garlic oil. Stir in the grated cheese, allowing it to melt.
 2. Pour in the heavy cream and mix together to create a smooth, creamy sauce.
 3. Season with salt and additional chilli flakes as per your taste.
 4. If the sauce is too thick, add a little reserve pasta water until it is your desired consistency.
 5. Cook for another minute, ensuring the spaghetti is fully cooked and coated in the creamy sauce.
 6. Serve hot, garnished with extra cheese or chilli flakes if desired.
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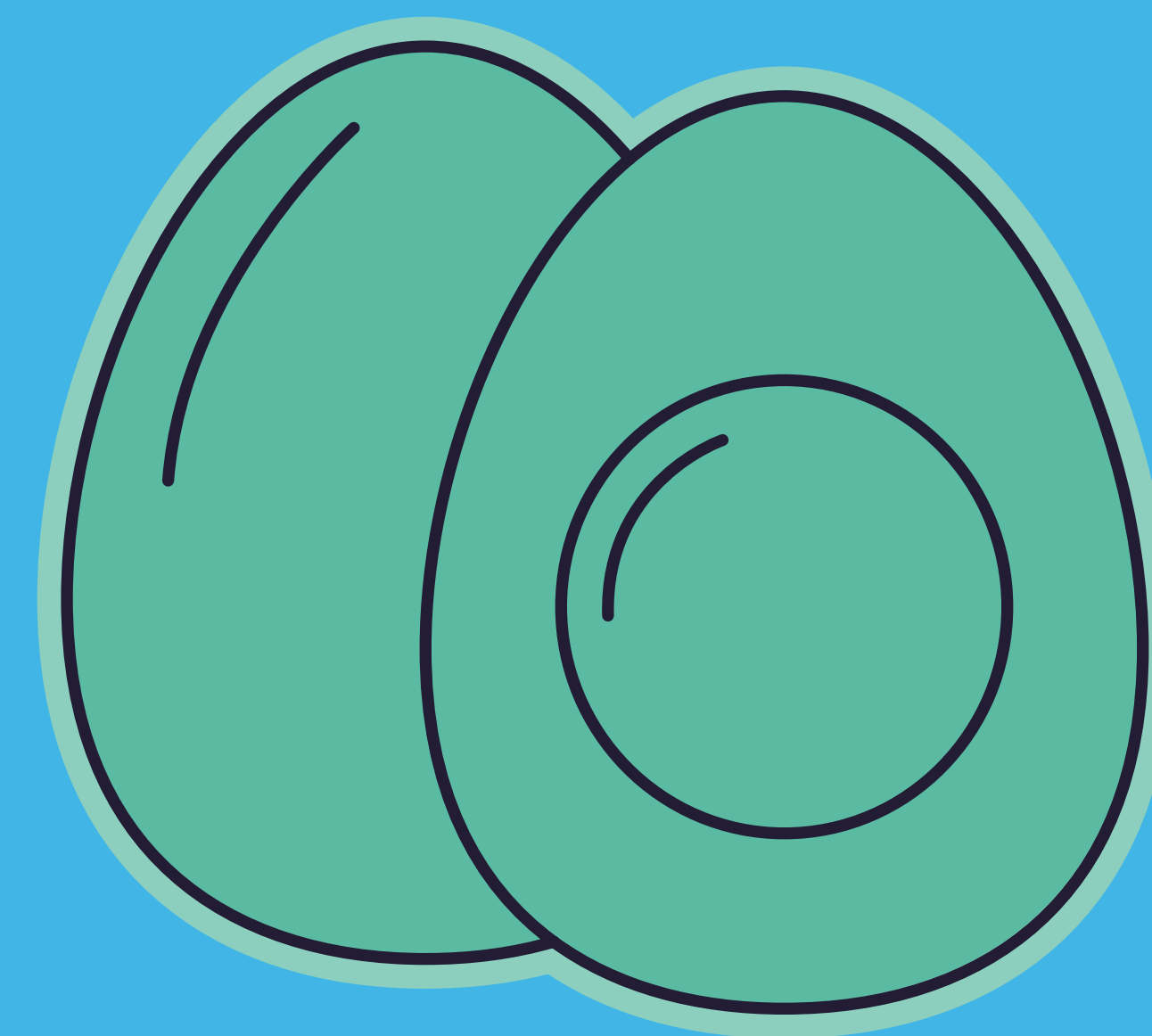
Koni Torkari aru Bhaat (Egg Curry with Rice)



Serves: 2

By Sukanya

This dish reminds me of home, comfort, and the simplicity of Assamese cooking. The aroma of mustard oil and spices simmering together is nostalgic, bringing back memories of family meals where egg curry was always the last-minute saviour when we craved something hearty yet quick. It's humble, full of flavour, and carries the essence of Assam in every bite.





Ingredients

For the egg curry:

4 eggs, hard boiled

2 tbsp mustard oil

1 bay leaf

1 dried red chilli

½ tsp of cumin seeds, turmeric powder, red chilli powder, coriander powder and cumin powder

¼ tsp Garam Masala

Salt, to taste

1 onion, finely chopped

4 garlic cloves, crushed

½ inch ginger, grated

1 large tomato, chopped

235ml water

Handful of fresh coriander, chopped (for garnish)

2 tbsp vegetable oil

Optional

Green chilli and onion to taste

For the rice:

125g long-grain rice

470ml water

Optional

Pinch of salt



Method

For the Rice (Bhaat)

1. Rinse the rice 2-3 times under running water to remove excess starch.
2. In a pot, bring 470ml water to a boil. Add a pinch of salt if desired.
3. Add the rice, cover, and cook on low heat until all the water is absorbed (about 12-15 minutes). Fluff the rice with a fork and keep it covered.

For the Egg Curry (Xihu Murgi)

1. Heat mustard oil in a pan until it reaches its smoking point. Lower the heat and let it cool slightly.
2. Add the bay leaf, dried red chilli, and cumin seeds. Let them splutter. Then add the chopped onions and sauté until golden brown.

3. Add garlic and ginger and stir until fragrant. Mix in the tomatoes and cook until soft.
4. Mix in turmeric, red chilli, coriander, and cumin powder. Stir well.
5. Pour in water and let the curry simmer for 3-4 minutes.
6. Meanwhile, lightly fry the boiled eggs in mustard oil with a pinch of turmeric and salt until golden.
7. Add the eggs to the curry and let them soak up the flavours for 5 minutes. Finish with garam masala and fresh coriander. Serve the hot egg curry over steaming rice.
8. Enjoy with a side of raw onions and green chillies for an authentic Assamese touch!

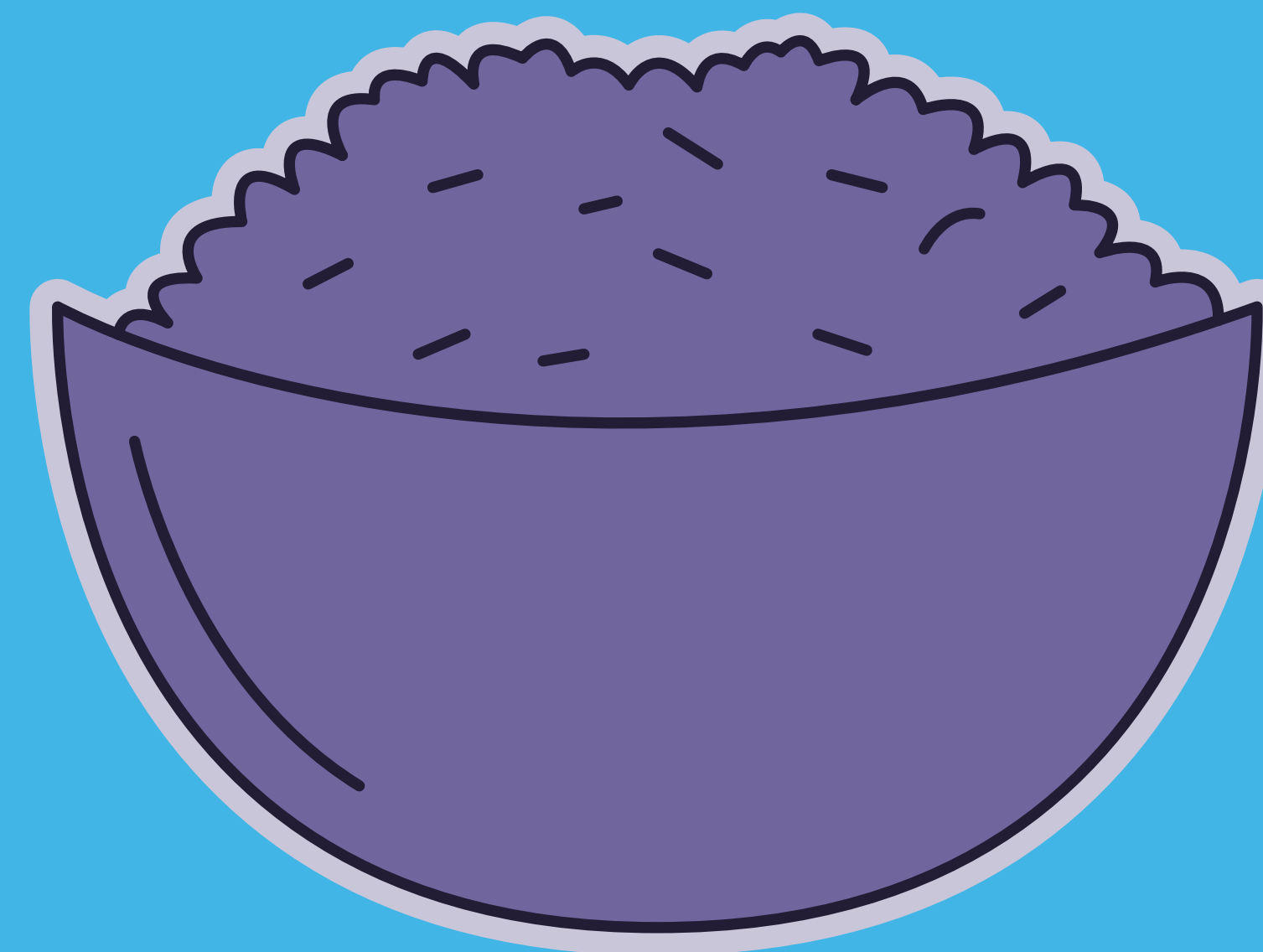
Egg Fried Rice



Serves: 2

By Sushma

This is one of my comfort meals. It is so easy to make and requires very few ingredients. I love this recipe.





Ingredients

1 tsp oil
2 eggs
4 garlic cloves
2 spring onions
1 tsp light soy sauce
1 tsp chilli oil
200g cooked rice
½ tsp pepper powder
Salt, to taste



Method

1. Heat a pan or wok and add 1 tsp oil.
2. Add chopped garlic, the white part of the spring onions and chilli flakes to the pan and sauté.
3. Crack the eggs into the pan, mix well and fully cook the eggs.
4. Add salt as per your taste.
5. Add cooked rice, pepper powder and light soy sauce. Mix it very well on a high heat.
6. Finally, add the green part of your chopped spring onions and serve with an optional garnish of chilli oil.

Paneer Tikka

 Serves: 1

By Pallav

It is really easy to cook and feels nice during a cosy day at home.





Ingredients

1 tbsp oil
100g cottage cheese, chopped into small pieces
1 tbsp Garam Masala
1 tbsp chilli powder
1 tbsp coriander powder
Salt, to taste



Method

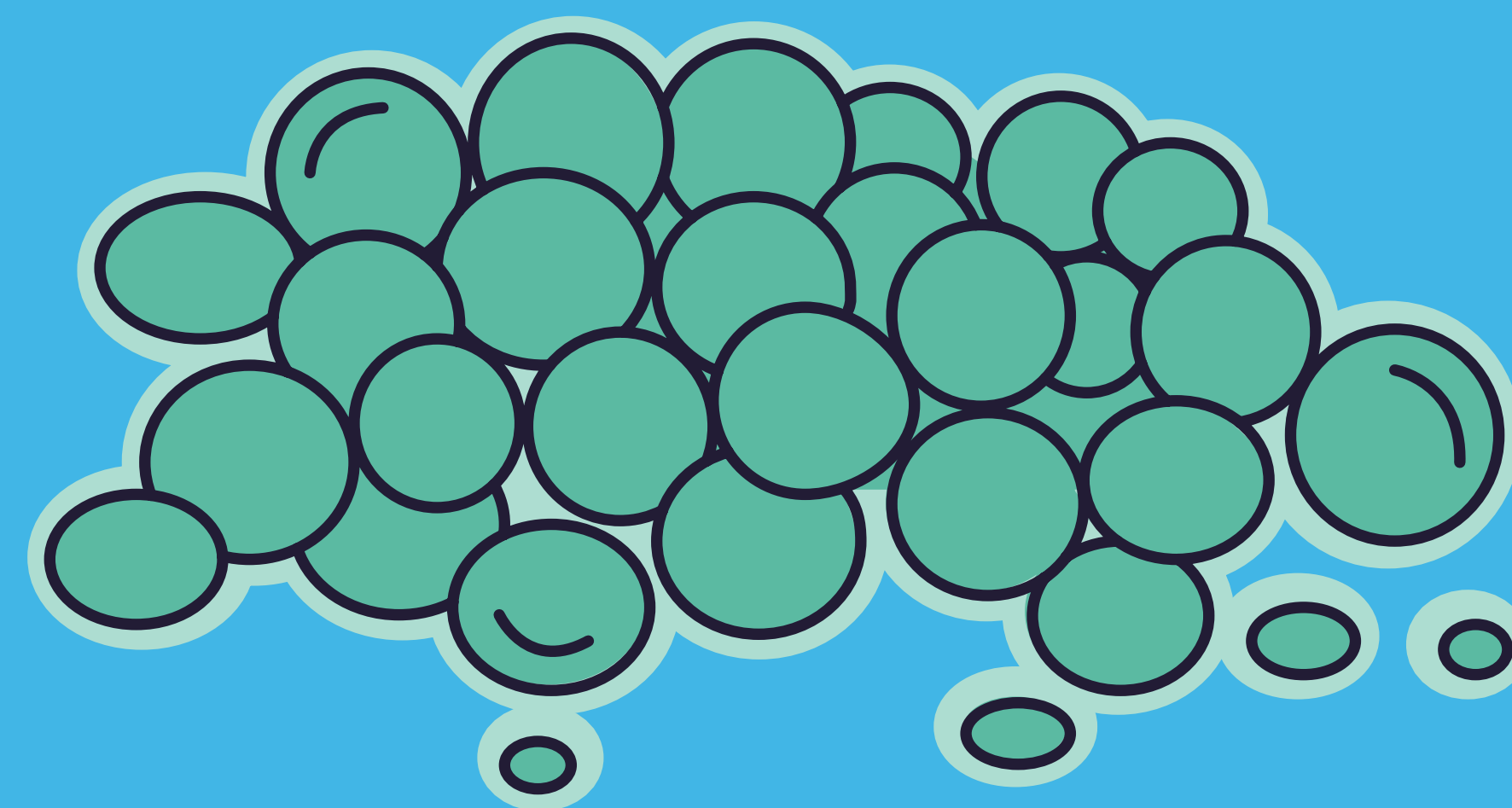
1. Cut the cottage cheese into small bite size cubes.
2. In a bowl, mix all the spices in the oil and add the cheese, ensuring it is covered in the spice mixture.
3. Fry the cheese mixture in a pan over medium heat.
4. Once crispy, remove from the heat and serve with a dip of your choice.

Yellow Mung Bean Dal (Lentil Soup)

 Serves: 1

By Garima

This is my favourite dal!





Ingredients

2 tbsp oil

1 tsp cumin seeds

½ tomato

⅓ onion (preferably red)

1-2 cloves of garlic

1 tsp ginger

½ tsp mustard seeds

½ tsp turmeric

60g mung beans

100g mung dal (yellow lentils)

350ml water

Salt, to taste

Optional

½ tsp red chilli powder

1 red chilli



½ tsp coriander powder

½ tsp Garam Masala

Black pepper powder, to taste



Method

1. Wash and put the mung beans in a pan with 350ml water. Bring to the boil and drain once cooked.
2. Meanwhile on a medium heat, add oil to a frying pan and let it warm.
3. Add cumin and mustard seeds. Once brown, add garlic, red chilli and onion and sauté until brown.
4. Add coriander, garam masala, red chilli powder, black pepper powder and turmeric (in that order).
5. Add tomato, when this has been sautéed into a slightly brown paste, add the dal.
6. Stir to mix the paste and the dal together and let it simmer for 5 minutes.

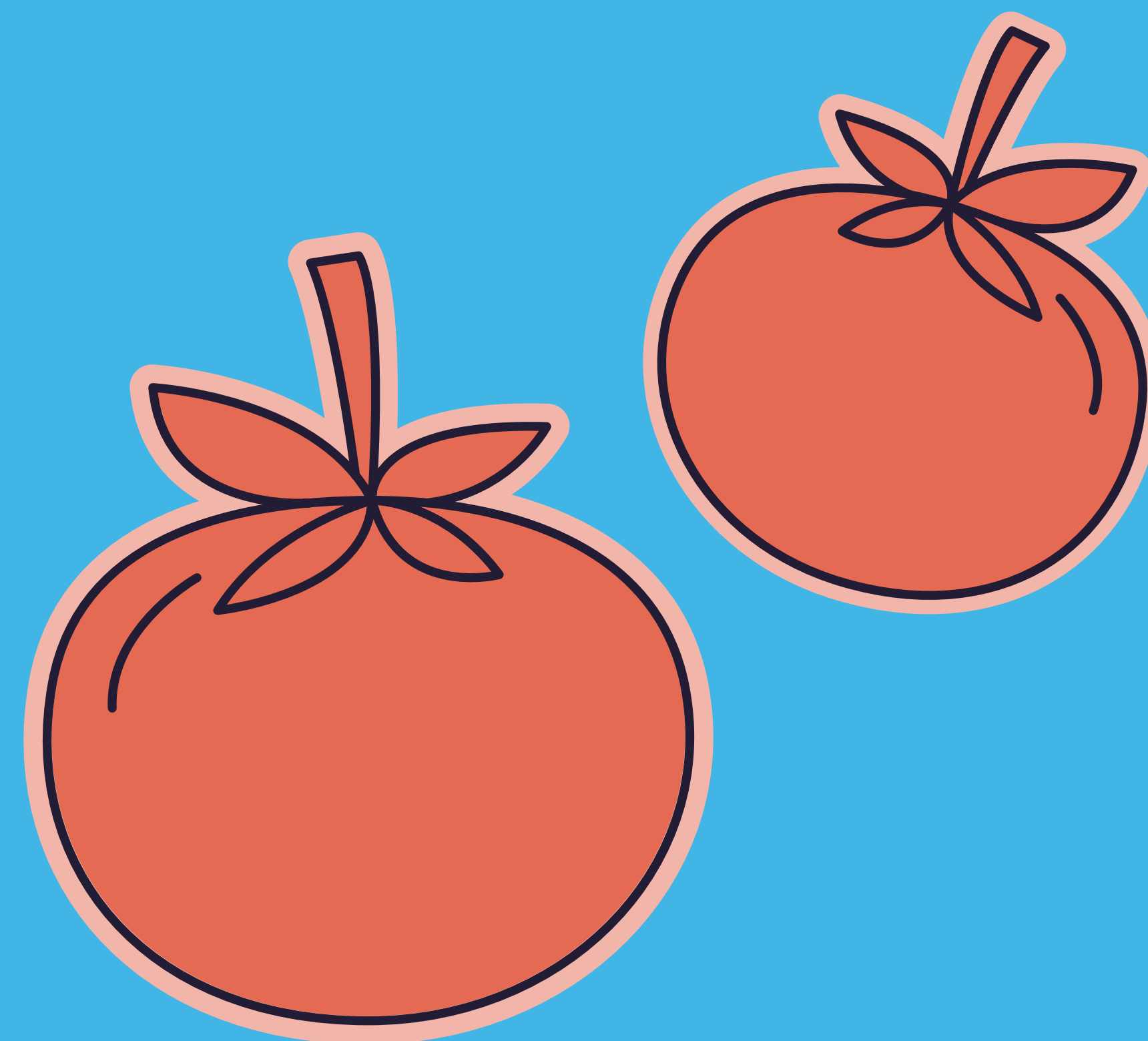
Tomato Rice



Serves: 1

By Adriana

It is a Malaysian dish!





Ingredients

½ red onion, sliced
3 garlic cloves, sliced
1 tomato, chopped
200g rice
230ml water
230ml milk
1 tbsp butter
2 tbsp tomato puree



Method

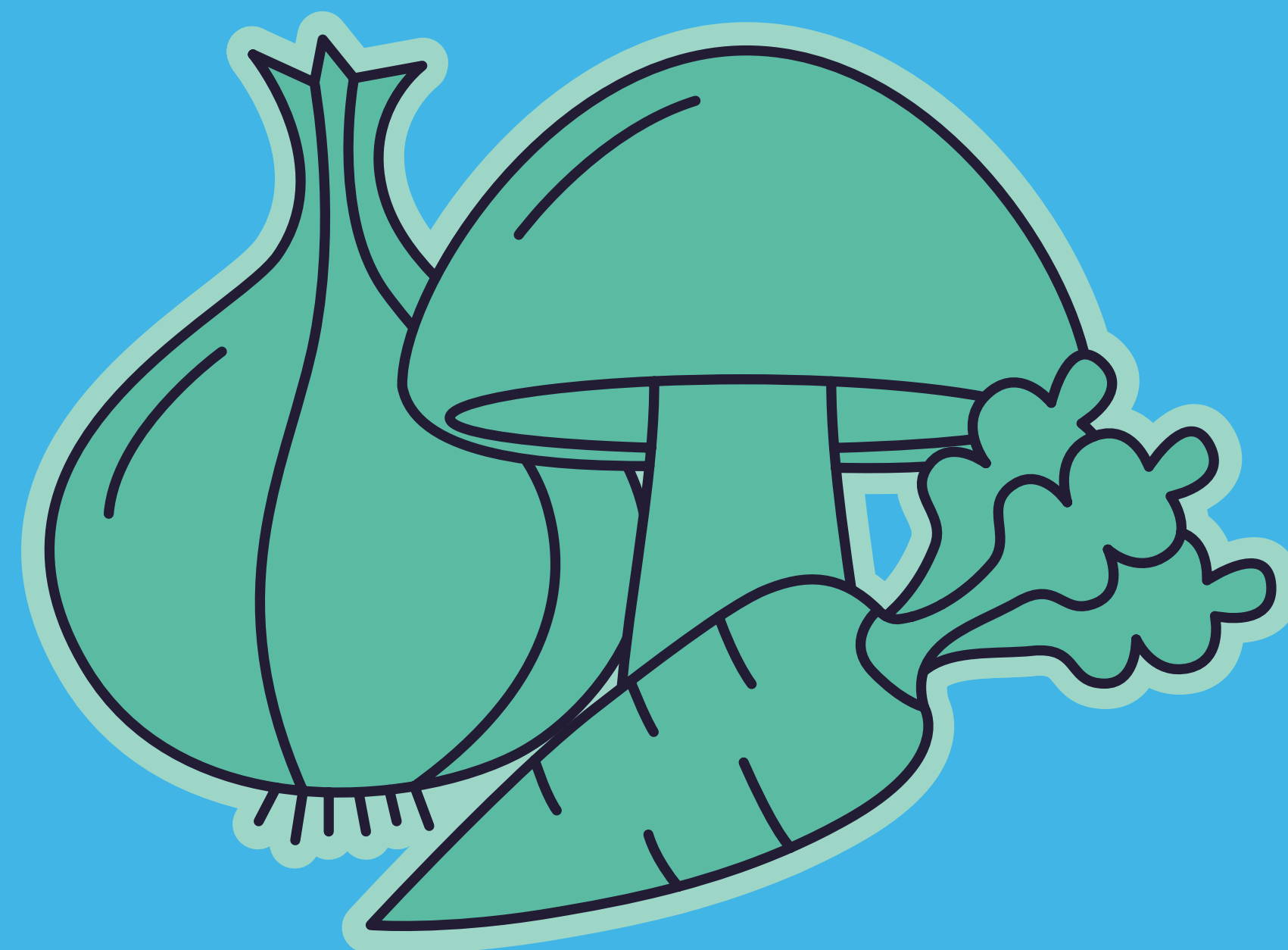
1. Slice red onion and garlic, and dice tomato.
2. Add butter and chopped ingredients into a pan and sauté.
3. Add rice, water, tomato puree and milk into the pan with vegetables. Simmer until the rice is cooked.

Many Flavour Vegan Bolognese

 Serves: 4

By UoB Staff

I've been cooking this since I was an undergraduate student (in the 90s!) and still cook it regularly today for my family and friends.





Ingredients

1 tbsp vegetable oil
1 onion
2 carrots
300g mushrooms
500g puy lentils (2 tins, drained,
or 2 pre-cooked packs)
400g chopped tomatoes
400ml of vegetable stock (put a stock cube in the
empty tomato tin and top up with boiling water)

Optional

Celery
Courgettes
Peppers
Salt and pepper, to taste



Method

1. Finely chop and fry the onion, carrots and mushrooms (and any other vegetables you are using) in vegetable oil for 10 minutes or until soft.
2. Add tinned tomatoes, lentils, stock and bring to a simmer.
3. Add your chosen flavour:
 - Italian: red wine, dried tomatoes, and mixed herbs
 - Mexican: either use a pre-bought mix, or combine paprika, garlic, chilli, cumin and oregano
 - Chilli: swap one of the tins of lentils for red kidney beans and some chilli powder or fresh chillis
 - Unami: add a tbsp of miso paste, and more dried or fresh mushrooms
 - Anything that you love!
4. Cook on a low heat for about 20 mins until the excess liquid has been absorbed.

Cottage Pie



Serves: 4

By Lucie

This recipe is cheap, yummy,
healthy and great for meal prep.





Ingredients

1 tbsp oil (vegetable or olive)

500g beef mince

4 large potatoes

80g frozen vegetables

1 beef stock cube

25ml milk

1 tbsp butter

1 onion, chopped

1 tbsp garlic powder

2 tbsp gravy granules



Method

1. Preheat the oven to 200C / 180 fan / gas mark 6.
2. Peel and chop your potatoes and add to a pan with boiling water. Boil until potatoes are soft and drain the water. Add butter and milk, then mash together.
3. Heat 1 tbsp oil in a large pan over a medium heat and add your chopped onion and garlic. Once softened add your mince.
4. Cook mince until browned, then mix in stock, any chosen seasonings and your vegetables.
5. Boil water and add to the pan along with gravy granules and let simmer for 20 minutes.
6. Add mince to a large cooking dish and spread the mash on top.
7. Place in the oven for 15 minutes. Once finished, plate up and freeze the rest.

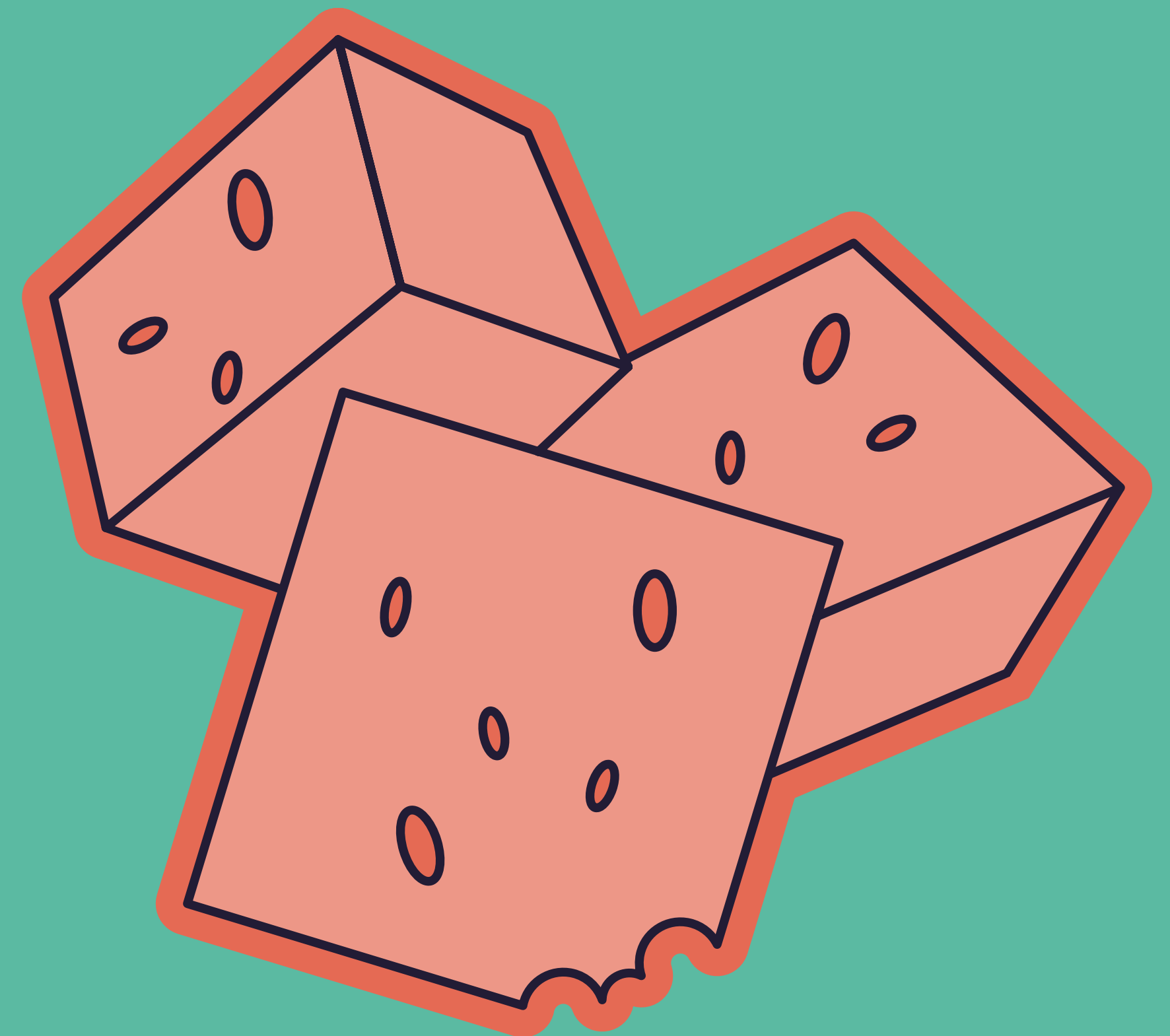
Mohanthal



Serves: 4

By Ronak

Mohanthal is a taste of tradition and celebration, reminding me of family gatherings and festive warmth. The rich aroma of ghee and cardamom brings nostalgia, making it more than just a sweet - it's a connection to culture and cherished memories.





Ingredients

For the mohanthal mixture

240g besan flour (chickpea flour)

115g ghee (clarified butter)

2 tbsp milk

For the sugar syrup

200g sugar

120ml water

½ tsp cardamom powder

1 tbsp almonds, sliced

1 tbsp pistachios, sliced

Optional

8-10 saffron strands



Method

1. In a bowl, mix the besan flour with 2 tbsp milk and 2 tbsp ghee. Rub the mixture between your palms to form a crumbly texture. Sieve to remove any lumps.
2. Heat the remaining ghee in a heavy-bottom pan. Add the besan flour and roast on a medium-low heat.
3. Stir until it turns golden brown and gives a nutty aroma (about 10-15 minutes), set aside and let it cool.
4. In a different pan, add sugar, water, saffron (if using) and cardamom. Heat on medium heat until the sugar disappears, and it forms a syrup.
5. Gradually, add the sugar syrup to cooled besan mixture. Mix for 1-2 minutes on a low-medium heat until the mixture thickens.
6. Pour mixture into a tray lined with parchment paper and press down with spatula. Garnish with almonds and pistachios and leave to chill in the fridge for 4-5 hours or overnight.

Homemade Bolognese

 Serves: 4

By Alex

Bolognese is a student classic. It is nutritious and straightforward to make. However, sometimes I want to at least feel like I am doing more than just adding jars to a pan when I cook. This recipe has all the key ingredients of a good bolognese, but comes with the added knowledge that you have made it all (sort of) yourself. It is a student classic dinner that one can feel like a proper chef when cooking!





Ingredients

1 tbsp olive oil
500g beef mince (or meat-free alternative)
300g spaghetti (or penne)
500g fresh tomatoes
1 onion, finely chopped
3 celery sticks, finely chopped
1 tbsp tomato puree
2 garlic cloves, finely chopped
1 tsp Worcestershire sauce
3 fresh basil leaves
Salt and pepper, to taste
1 tsp of gravy granules

Optional

1 tsp of chilli powder



Method

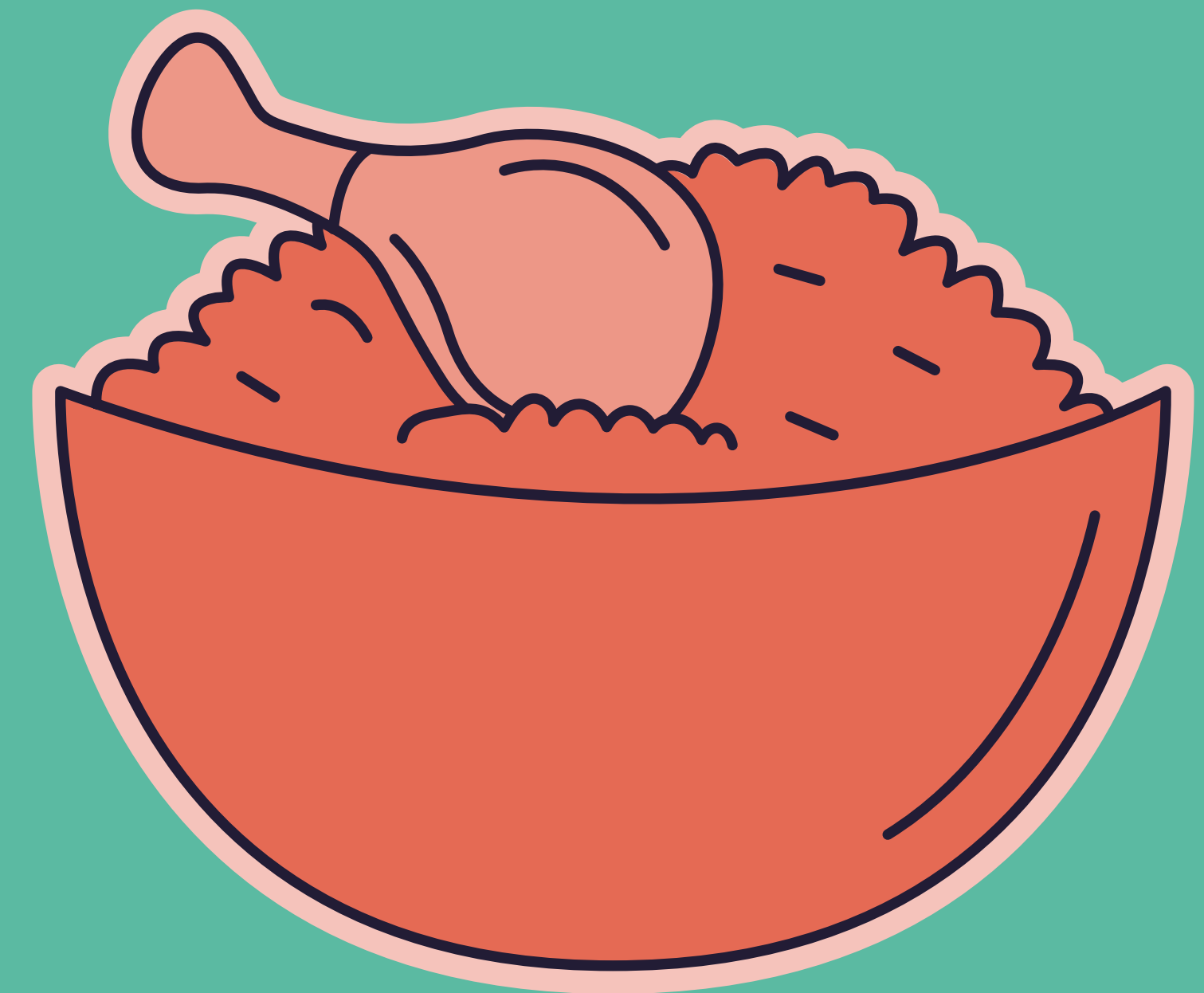
1. Dice onion and celery. Add oil to a pan and cook both until golden.
2. Add the mince to the pan and separate to ensure even cooking.
3. Meanwhile, put your tomatoes, basil and garlic into a blender and blend until smooth.
4. Once the meat has browned, add the tomato mixture to the pan. Reduce the heat to a low simmer and add the herbs, tomato puree and Worcestershire sauce.
5. Add gravy granules and tomato puree to the pan to thicken sauce. If it thickens too much, add water until the texture is right for you.
6. While the sauce is on a low simmer, boil a pan of lightly salted water. Once boiling, add pasta and cook for about 10 mins. Once pasta is cooked, add a small amount of pasta water to sauce. Drain the rest of the pasta.
7. Add pasta to sauce and stir together. Serve and enjoy!

Jollof Rice and Peppered Chicken

 Serves: 15

By Elizabeth

Jollof rice is a Ghanaian and Nigerian dish. It's actually my favourite dish and I always love to cook it. Jollof rice is often served at most African gatherings and celebrations, making it a dish that carries a lot of cultural significance.





Ingredients

800g basmati rice
10 tbsp vegetable oil
15 chicken thighs
2 onions, chopped
2 tbsp tomato puree
4 garlic cloves, chopped
6 red peppers
Salt, to taste
2 tbsp grated ginger
1 tsp rosemary



Method

1. Preheat the oven to 240C / 220 fan / gas mark 9.
2. Line baking tray with baking paper and lay the chicken on the tray and cook for 20-25mins.
3. Meanwhile, blend the tomatoes, onions and peppers in a food processor until smooth
4. Sauté the onion in some of the oil over a hot pan. Add the blended mixture and cook until it thickens.
5. Add the rice, water and spices to the onions, letting it simmer until the rice is cooked and has absorbed all the flavours.
6. Once the chicken is cooked, lightly fry in oil until golden. To serve, spoon rice onto plates and place chicken on top of the rice.

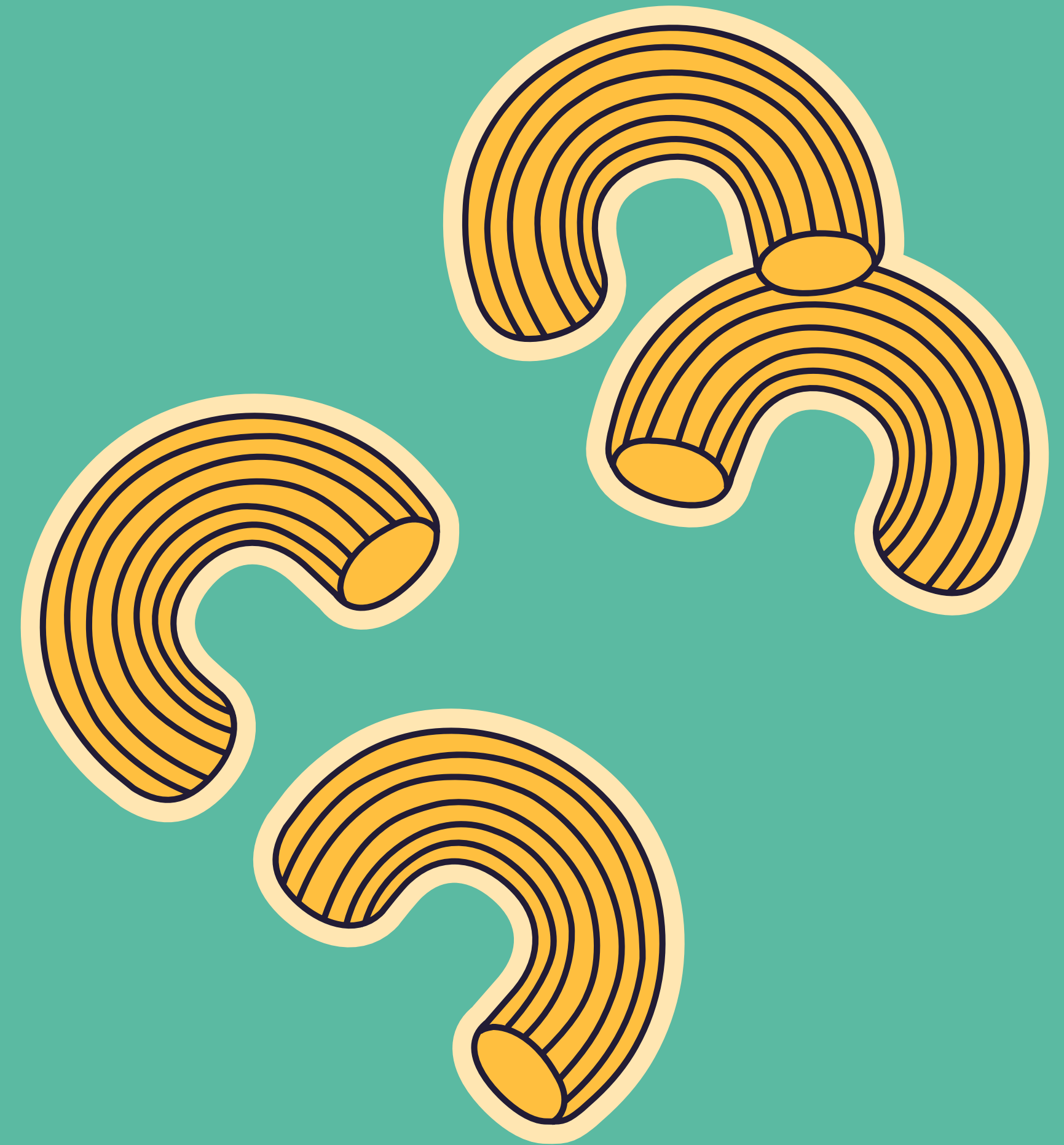
Macaroni Cheese



Serves: 1

By Jack

I am a big fan of macaroni cheese, and this recipe means that you can use the spare ingredients again, or in fact make a batch (with 500g macaroni, then increase the other ingredients by the same ratio) and freeze it. For my flat's Thanksgiving party, I made this macaroni cheese dish, and it was well-received.





Ingredients

120g macaroni pasta

20g butter

20g plain flour

300ml milk

60g cheese, grated

Salt, to taste

Optional

1tsp mustard

For the topping (optional)

5 cherry tomatoes, halved

20g breadcrumbs

10g cheese



Method

1. Preheat oven to 200C / 180 fan / gas mark 6.
2. Add your pasta to a large pan of boiling water with salt and cook for 8-10 minutes, or until al dente. Drain and set aside.
3. While the pasta is cooking, add the butter and flour to another saucepan, gradually mixing in the milk over medium heat. When the sauce bubbles and thickens, stir in the cheese and mustard.
4. In an oven-proof dish add a layer of macaroni and a layer of cheese sauce, repeat until all of the macaroni is used, then top with a layer of cheese sauce.
5. Top with tomatoes, breadcrumbs and grated cheese.
6. Bake for 20 minutes, or until the cheese is golden.

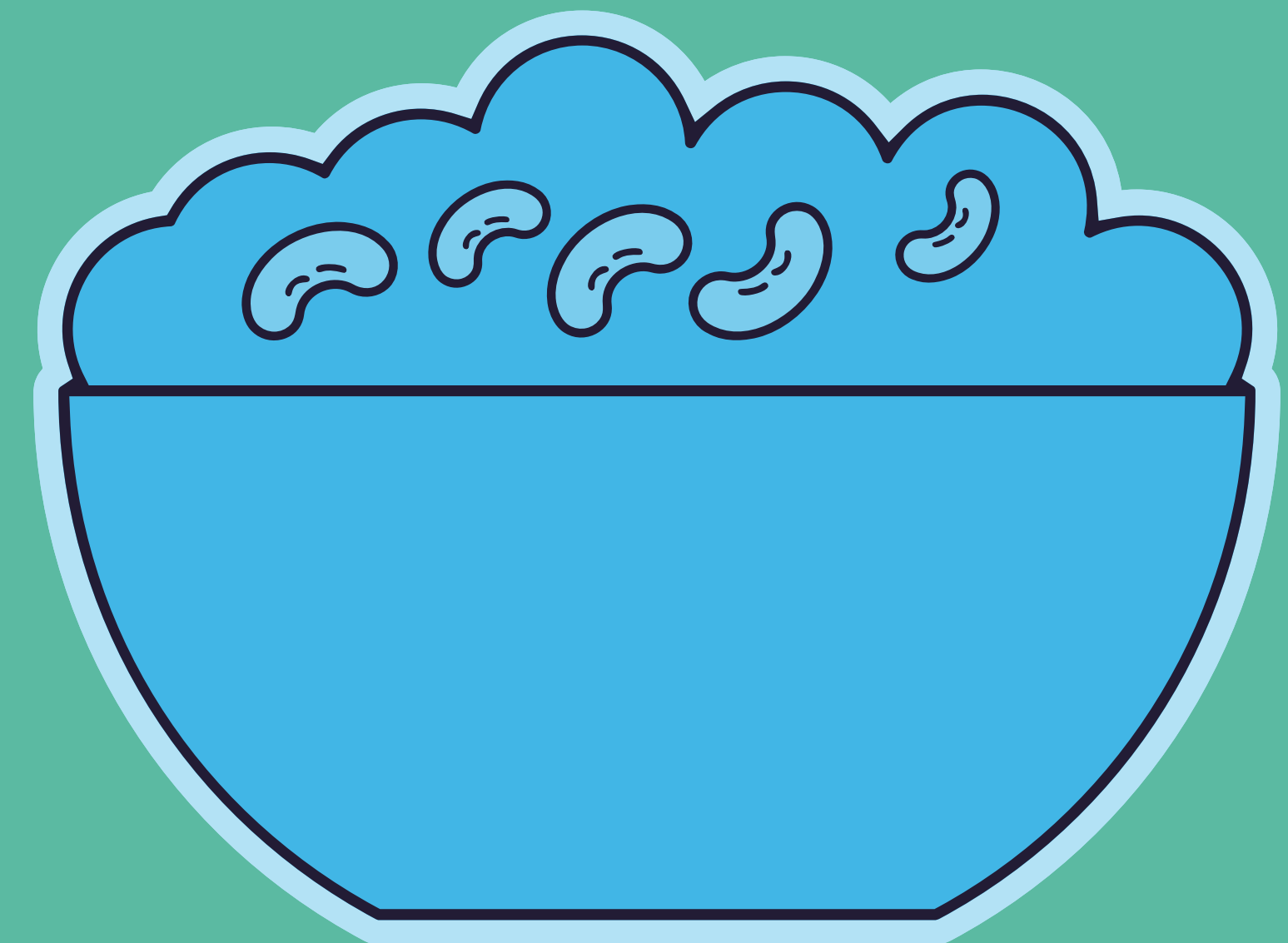
Chilli Con Carne



Serves: 2

By Hope

This recipe is a real winter warmer; it is easy to cook and freezes well, meaning you can enjoy it another time without having to cook again.





Ingredients

1 onion, diced
250g beef mince (or meat-free alternative)
400g chopped tomatoes
400g kidney beans, drained
500ml stock (beef or chicken)
200g long-grain rice
2 tbsp chilli flakes
Salt and pepper, to taste



Method

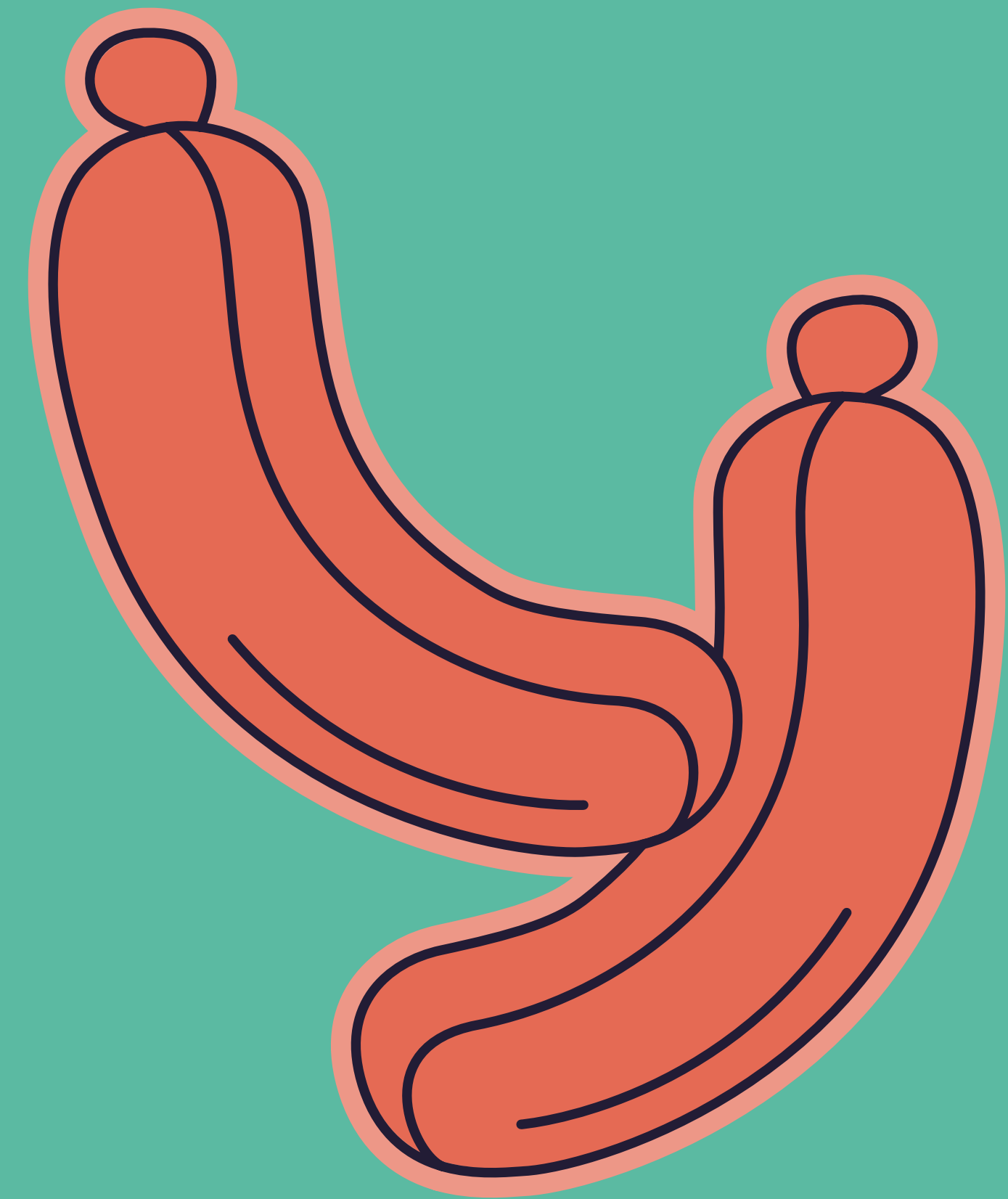
1. Heat a large saucepan over medium heat. Add olive oil and fry onion until soft.
2. Add the mince, along with some salt and pepper. Cook for 5-6 minutes, or until browned.
3. Add the chilli flakes, tomatoes, stock and kidney beans, and stir.
4. Bring chilli to a simmer and leave simmering for 30 minutes.
5. Meanwhile, cook the rice according to packet instructions.

Creamy Sausage Pasta

 Serves: 2

By Lara

This is my favourite quick and easy dinner!





Ingredients

4 sausages (or meat-free alternative)
1 onion, diced
3 garlic gloves, finely chopped
2 big handfuls of spinach
1 tbsp tomato puree
400g chopped tomatoes
250ml cream
60g parmesan
200g pasta
Salt and pepper, to taste
1 tbsp balsamic vinegar (optional)
1 tsp paprika (optional)



Method

1. Half fill a large saucepan with water and bring to the boil. Add pasta and cook for 8-10 minutes, or according to packet instructions.
2. As your pasta cooks, add the sausages to a frying pan and brown while breaking up with a spoon.
3. Add onion and garlic to the pan and cook for 2 minutes. Season with salt, pepper and paprika (if using).
4. Add the tomato puree and cook for 3 minutes. Then add the chopped tomatoes and balsamic vinegar (if using). Season with more salt and pepper (it's best to season in layers).
5. Add cream, parmesan and a big splash of pasta water - then mix through the spinach. Stir together, adding extra pasta water if needed.
6. Plate up and finish with extra parmesan on top.

Chicken Risotto Traybake

 Serves: 2

By Liam

Very tasty and easy to cook.
This dish lasts well too!





Ingredients

300g Arborio Rice (risotto rice)
100g petit pois (frozen peas)
800ml chicken stock (two stock cubes)
2 peppers, chopped
300g cherry tomatoes
4 chicken thighs

Optional

Sliced halloumi
Sliced chorizo
Peri-peri salt or chicken seasoning



Method

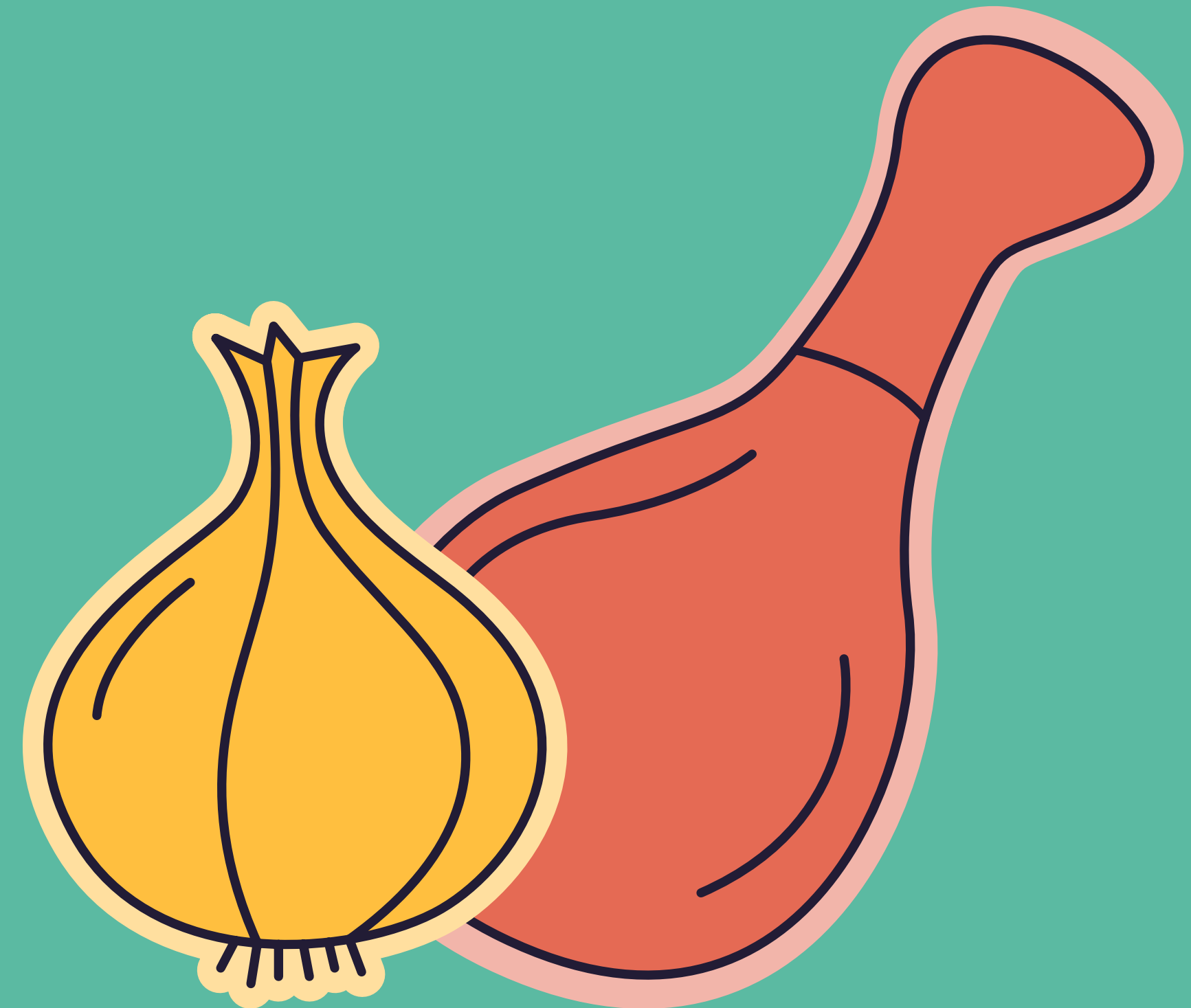
1. Preheat oven to 180C / 160 fan / gas mark 4.
2. Add the rice, peppers, tomatoes and stock into a deep baking dish. (Add seasoning if you want).
3. Bake in preheated oven at 180C for 20 minutes.
4. Add the frozen peas (and chopped chorizo if using) then mix the contents in the tray.
5. Place the raw chicken thighs on top of the contents then add seasoning on top of the chicken. Place back into the oven for 30-40 minutes or until the chicken is cooked through.
6. **Optional:** When there is about 5 minutes left cooking for the tray, cook the halloumi in a frying pan then add to servings.

One-Pan Garlic Chicken

 Serves: 2

By UoB Finance Team

This is my all-time favourite budget recipe.





Ingredients

2 tbsp butter

½ tbsp vegetable oil

3 boneless chicken thighs,
chopped into large chunks

2 whole heads of garlic

60ml white wine (or white wine stock)

120ml chicken stock

1 tsp cornflour

Salt and pepper, to taste



Method

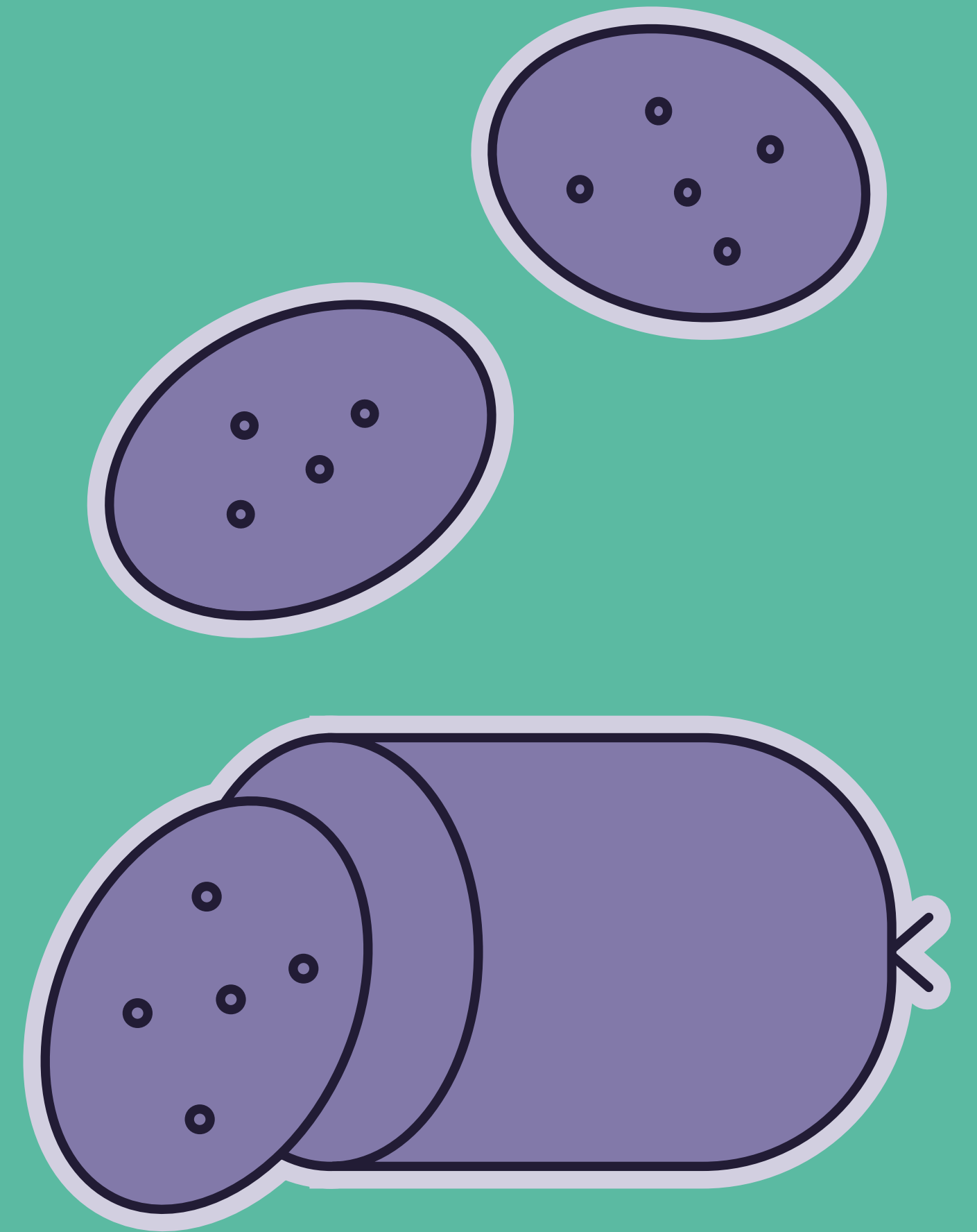
1. Add 200ml of water to a saucepan and bring to a boil. Separate garlic cloves (you don't need to peel them) and add to the water. Cook for 1 minute, then drain and peel the cloves.
2. Pat the chicken dry with kitchen roll and season well with salt and pepper. Heat a large pan over a medium heat, with 2 tbsp butter and ½ tbsp oil.
3. Add chicken, skin side down and cook for 5 minutes until golden. Flip and cook on the other side for 3 minutes. Add garlic cloves around the chicken.
4. Cover the pan and cook over a medium-low heat for 15-20 minutes or until chicken is cooked. Remove chicken and garlic to a plate and cover with foil to keep warm.
5. Increase heat to medium-high and add the wine. Cook until liquid has reduced by half (5 minutes). Mix the cornstarch into the chicken stock and add to the pan. Cook until the sauce has slightly thickened (2-3 minutes).
6. Remove from heat and add an extra tablespoon of butter. Pour sauce over the chicken before serving.

One-Pan Chicken and Chorizo Jambalaya

 Serves: 2

By UoB Finance Team

This is a super easy one-pot midweek dinner!





Ingredients

½ tbsp oil
250g chicken breast, cut into small chunks
½ onion, diced
½ stick of celery
1 red/yellow pepper
65g diced chorizo
1 tsp garlic powder and Cajun seasoning
100g rice
200g chopped tomatoes
200ml chicken stock



Method

1. In a large frying pan (or wok), heat oil over a high heat for a minute. Add the chicken and fry until golden brown, then remove chicken to a plate.
2. Add the onion, celery, pepper and chorizo. Fry for 2 minutes.
3. Turn the heat down, then add the garlic and Cajun seasoning, and stir through.
4. Add the cooked chicken back to the pan, along with the rice, tomatoes and stock. Turn the heat up and bring to the boil.
5. Once boiling, turn the heat low again. Cover with a lid and simmer for 15-20 minutes, or until rice is fully cooked.
6. When the rice is cooked, serve immediately.

Pork Stroganoff

 Serves: 4

By UoB Finance Team

This recipe is very comforting and with a bit of a kick!





Ingredients

1 pork tenderloin fillet
Box of chestnut mushrooms
1 onion
1 tbsp Paprika
300ml crème fraiche



Method

1. Dice up the pork and coat in paprika, meanwhile slice the onions and mushrooms into crescents.
2. Gently fry the onion in oil for 5 minutes on a low heat, then turn the heat up and add the pork.
3. Fry for three minutes and then add the mushrooms.
4. Once it has all cooked through, stir in the crème fraiche and add more paprika to taste.

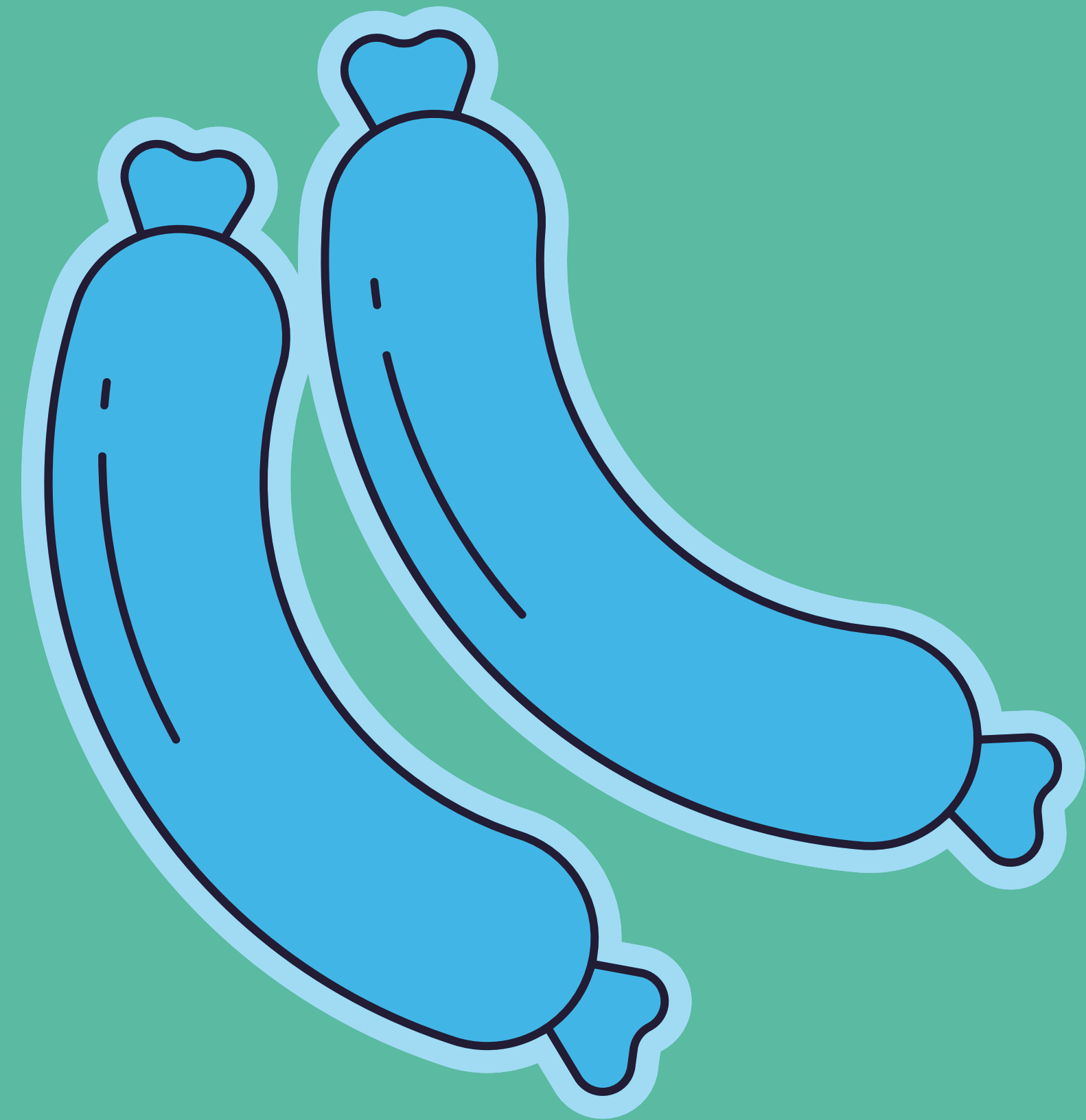
Toad in the Hole



Serves: 2

By Guild Staff

This is a comforting dish of sausages baked in Yorkshire pudding batter – a British favourite!





Ingredients

6 sausages (pork, chicken or veggie)
100g plain flour
2 eggs
200ml milk
1 tsp oil (vegetable, sunflower or rapeseed)
Salt and pepper, to taste

Optional

1 tsp mustard



Method

1. Preheat the oven to 220C / 200 fan / gas mark 7. Add the oil to a baking dish and place it in the oven for 10 minutes.
2. In a bowl, whisk flour, eggs, milk, mustard, salt, and pepper into a smooth batter. Let it rest for 10 minutes.
3. Fry or grill the sausages until lightly browned.
4. Carefully remove the hot baking dish from the oven and place the sausages inside. Quickly pour in the batter.
5. Bake for 25-30 minutes until puffed up and golden brown.
6. Serve with gravy and vegetables.

