



English Pudding

Ingredients

- 140g plain flour (about 200ml or 7fl oz)
- 4 large eggs (about 200ml or 7fl oz when cracked)
- 200ml milk
- Sunflower oil, for cooking
- Salt & pepper, to season

Instructions

1. Preheat the Oven

Heat your oven to 230°C / 210°C fan / Gas 8.

2. Heat the Oil

Drizzle a little sunflower oil into each hole of two 4-hole Yorkshire pudding tins (or two 12-hole muffin tins for mini versions). Place the tins in the oven to get hot — the oil must be piping hot before you add the batter.

3. Make the Batter

In a large bowl, add the flour. Crack in the eggs and whisk until smooth. Slowly add the milk while whisking continuously until the batter is smooth and lump-free. Season with a pinch of salt and pepper.

4. Fill the Tins

Carefully remove the hot tins from the oven. Pour the batter into a jug, then quickly and evenly fill each hole about halfway full.

5. Bake — No Peeking!

Return the tins to the oven and bake undisturbed for 20–25 minutes, or until the puddings are puffed up, golden, and crisp.

6. Serve or Store

Serve immediately while hot and airy.

Tip: You can let them cool and freeze for up to 1 month — reheat from frozen in a hot oven until crisp.

Nutrition Facts (Per large Yorkshire pudding — approx. 1 of 8)

- Calories: 130
- Protein: 5g
- Total Fat: 6g
 - Saturated Fat: 1g

- Carbohydrates: 14g
 - Sugars: 1g
 - Fiber: 0.5g
- Cholesterol: 90mg
- Sodium: 90mg
- Calcium: 40mg
- Iron: 1.2mg