



# 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