

**GF Friendly**

**Yorkshire Puddings**

**Yorkshire puddings made with wheat or **gluten-free** flour**

A roast dinner never seems quite the same without Yorkshire puddings. Here's a recipe we've been using since forever; the only difference is that the ones in the picture were made with Gluten-Free flour straight from the packet. In our opinion, they taste just as good as the wheat-flour version. To give an idea of size, the ramekin is 9cm (3½ inches) diameter and the plate is a normal oval 29cm (11½ inches) wide. This recipe will make 3-4 large, or should more and smaller puddings be the go, they can be baked in a standard patty tin.

**The gluten-free flour used was a blended mix of: rice and maize flours with added GF tapioca and Maize starches, plus some numbered thickeners. You can't win them all!**



- 2 rounded Tbsps plain flour
- ¼ tsp salt (optional)
- 1 egg
- skim milk (full cream if preferred)
- Light-tasting olive oil

Prepare the batter at least an hour before ready to bake. Measure the flour into a plastic bowl, stir in the salt if using and make a well in the centre. Crack the egg into a separate container (just in case it's off!) then transfer to the bowl. Mix carefully with a wooden spoon (metal isn't as good for some reason) to combine and remove the lumps. Pour on a little milk and stir this in well before adding more – you are after a thin-cream consistency, not too runny and not stiff either. Now beat this lightly with the spoon for about a minute and set aside to rest at room temperature. Beat again after 20 minutes, and once more 20 minutes before baking.

Pour some oil into each baking container, just enough to cover the bottoms, and place these on a baking tray. Set the oven on 175°C fan-forced (190°C conventional). When the temperature has been reached, place the tray on the middle shelf to heat the oil for 15 minutes if using porcelain ramekins, or 13 minutes for metal patty tins. Give the batter one last stir before taking out the containers. Be careful not to burn yourself during this next stage. Pour or spoon the mixture into each dish as quickly as you can to keep the oil from cooling too much (if the batter starts to sizzle, that's a sign that the oil is hot enough), then replace in the oven.

Cook on the same temperature for 15 minutes, then turn down to 165°C fan-forced (175°C conventional) for a further 25 minutes. Have a peek now to decide if you want to cook them longer, but avoid opening the oven door before, or the puddings will sink! Watching you don't burn your fingers, tip any oil sitting in the centres back into the dish, then transfer to the serving plates. All ovens are different, so times and temperatures may need adjusting to suit preferences – brown and crispy, or lighter and soft. Eat any leftovers because Yorkshires don't freeze well.

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