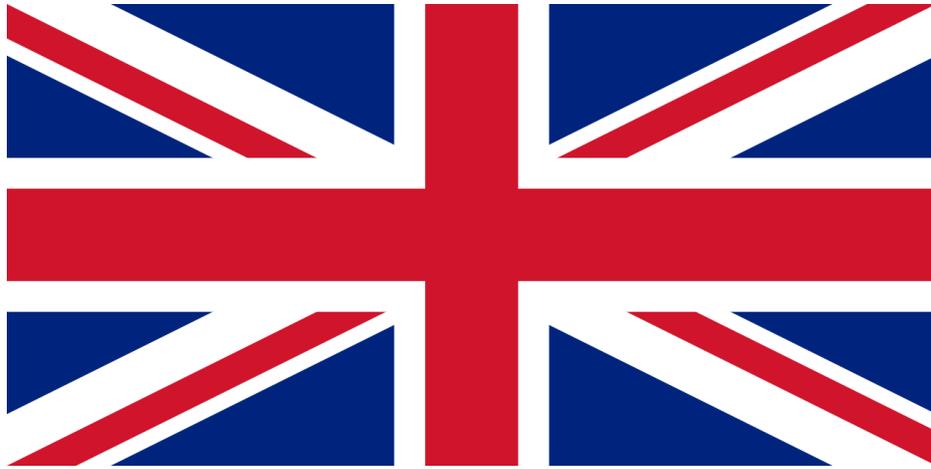


英国料理教室 3月3日土曜日



トード・イン・ザ・ホールの作り方

Toad in the Hole

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アレックス・ボアマン

Alex Boorman



What is Toad in the Hole?

Not literally a 'frog in a bog', Toad in the Hole is a traditional British dish consisting of sausages baked in batter. The batter rises, creating a hole in the middle, and the sausages look a bit like toads. It is often served with onion gravy, vegetables, and potatoes. It is a traditional dish which has been eaten for centuries in the UK.

It has few ingredients and can be adapted for a variety of diets, including people who are lactose intolerant or vegetarian. Today, we will make the toad and the onion gravy, served with some vegetables.

Toad in the Hole (Makes: 4 portions)

Adapted from: <https://www.bbcgoodfood.com/recipes/1572643/sams-toad-in-the-hole>

Ingredients	Method	
6-8 sausages	1) Preheat the oven to 220°C.	
1 tbsp cooking oil	2) Bake the sausages with the oil for about 15 minutes.	
(For the batter ↓)	3) Tip the flour and salt into a bowl, and make a hole in the middle.	
140g plain flour	4) Crack the eggs into the hole, and start to whisk.	
1/2 tsp salt	5) Add the milk gradually, and whisk until the mixture is runny.	
2 eggs	6) Remove the sausages from the oven, and pour the mixture in whilst the pan is still hot.	
175ml milk (soy milk also fine)	7) Bake for about 20-25 minutes, until the mixture is about double in size and golden brown.	
	8) Remove from the oven and serve immediately.	

Prep time: 15 minutes

You will need:

An oven, a deep oven-friendly dish, a bowl, a whisk.

Onion Gravy

Adapted from: <https://www.bbcgoodfood.com/user/2871316/recipe/simple-onion-gravy>

Ingredients	Method
2 large onions	1) Chop the onions finely.
3 tsp sugar	2) Fry the onions in the cooking oil on a medium heat for about 2 minutes. 
1 pinch thyme	3) Add the sugar, and fry for 2 more minutes.
2 tbsp plain flour	4) Add the flour and the thyme, and fry for 1 more minute.
800 ml water	5) Add the water and stock cubes, and bring to the boil. 
2 beef stock cubes	6) When the mixture starts to bubble, reduce the heat to low.
1 tbsp cooking oil	7) Leave to simmer until thickened, stirring occasionally.
	8) Serve immediately, or keep in the fridge and reheat when desired.

Prep time: 10 minutes
 Cooking time: 15 minutes
 Makes: 4 portions

You will need:

A frying pan, a spoon to stir the mixture.

Alex's tip

For a deeper flavour, add some Worcestershire sauce and soy sauce~