

MUSTARDY TOAD IN-THE-HOLE WITH RICH ONION GRAVY

Recipe by My Dairy-Free Dream



Preparation Time:	15 mins
Cooking Time:	1 hr
Total Time:	1 hr 15 mins
Serves:	4

A traditional favourite, toad in the hole is an easy supper time meal, warming and comforting making it ideal for cold winter days. Serve this in a large baking dish or make individual servings by slicing the sausages and baking them in Yorkshire Pudding tins.

METHOD:

1. For the toad-in-the-hole, place the plain flour, eggs and oat dream in a food processor and blend to form a smooth batter. Place in the fridge for 1 hour or overnight.
2. When you are ready to cook the toad-in-the-hole, preheat the oven to 220°C/Gas mark 7.
3. Heat 1 tbsp olive oil in a frying pan, add the sausages and cook, turning frequently, until browned on all sides.
4. Place the coconut butter in a roasting tin and place in the oven. Remove the batter from the fridge and whisk lightly again until smooth.
5. Add the thyme leaves, mustard to the batter and season with salt and freshly ground black pepper.
6. Remove the roasting tin from the oven, add the sausages and pour over the batter. Transfer to the oven and bake for 30 minutes.
7. For the gravy, heat the oil in a saucepan over a medium heat and cook the onions for 10 minutes, stirring until golden. Add the flour and cook for 1 minute.
8. Stir in the wine and stock and bring to the boil then reduce the heat and simmer for 5 minutes. Add the Worcestershire sauce and Dijon mustard and simmer for a further 10 minutes until thickened. Season to taste.

INGREDIENTS:

- 115g/4oz plain flour
- 4 free-range eggs
- 290ml/10flox Oat Dream
- 6 high quality meat sausages
- 2 tbsp coconut butter or olive oil
- 1 tbsp Dijon mustard
- Salt and freshly ground black pepper
- 2 tbsp olive oil
- 2 red onions, thinly sliced
- 2tbsp plain flour
- 150ml/5flox red wine
- 350ml/12flox beef stock
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- Salt and freshly ground black pepper

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9. Serve the toad-in-the-hole with the red wine gravy.