

## Toad in the Hole (Pork)



## Ingredients

| Description       | Ptn       | 10ptn    | 50ptn     | 100ptn  | 200ptn   |
|-------------------|-----------|----------|-----------|---------|----------|
| Pork Sausages     | 77 g      | 771 g    | 3.85 kg   | 7.71 kg | 15.42 kg |
| Vegetable Oil     | 4 ml      | 42 ml    | 208 ml    | 417 ml  | 833 ml   |
| Plain Flour       | 17 g      | 167 g    | 833 g     | 1.67 kg | 3.33 kg  |
| Semi Skimmed Milk | 17 ml     | 167 ml   | 833 ml    | 1.67 L  | 3.33 L   |
| Eggs Medium       | 0.25 each | 2.5 each | 12.5 each | 25 each | 50 each  |

## Method

Oven bake sausages . Do not allow to brown too much – can place a lid on

For batter place flour in bowl - make a well in centre -add beaten egg and milk and beat all together to make a smooth batter mix .

Season with pinch of pepper.

Place oil into a clean flan tin- place in hot oven until oil is very hot. Place sausages into tray and pour over batter into hot oil- should sizzle slightly . Place in a hot oven for 20 mins until batter is risen and golden brown

Serve with gravy potatoes and vegetables .

Alternatively can cook Yorkshires separately and serve with sausages – see separate Yorkshire recipe.

## Assembled Tags



Contains Eggs



Contains Milk

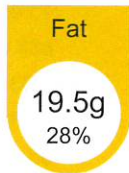


Contains Wheat

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Nutrition

| Standard Size: Ptn       |             |            |
|--------------------------|-------------|------------|
| Nutrient                 | Per Portion | Per 100g   |
| Energy (kcal)            | 295.67kcal  | 266.17kcal |
| Fat                      | 19.47g      | 17.53g     |
| Satd FA /100g fd         | 5.97g       | 5.37g      |
| Carbohydrate             | 17.42g      | 15.68g     |
| Protein                  | 13.87g      | 12.49g     |
| Non Milk Extrinsic Sugar | 0.47g       | 0.42g      |
| NSP                      | 0.52g       | 0.47g      |
| Vitamin A                | 31.92µg     | 28.74µg    |
| Vitamin C                | 5.02mg      | 4.52mg     |
| Zinc                     | 1.18mg      | 1.06mg     |
| Iron                     | 1.32mg      | 1.19mg     |
| Folate                   | 17.35µg     | 15.62µg    |
| Calcium                  | 157.33mg    | 141.63mg   |
| Sodium                   | 520.77mg    | 468.81mg   |
| Salt                     | 1.3g        | 1.17g      |
| Total sugars             | 1.56g       | 1.4g       |



Standard Size: Ptn

Allergen Assembled Tags

