

Yorkshire Pudding

This dish was originally cooked in a tin under the rotating spit on which roast beef was cooking - the juices from the meat dripped on to it, giving a delicious flavour. In Yorkshire, it is still cooked around the meat tin and is served as a first course before the meat and vegetables. Serves 4-6.

INGREDIENTS: Lard - a little, melted, Plain flour - 110 g (4 oz), Egg - 1, Milk - 300 ml.

COOKING: 1. Pre-heat oven to 220C / 425F / Gas 7.

2. Put a little lard in 12 individual Yorkshire pudding tins (or deep bun tins) or a single large tin and leave in the oven until the fat is very hot.

3. Place the flour in a bowl, then make a well in the centre and break in the egg. Add half the milk and, using a wooden spoon, gradually work in the flour. Beat the mixture until it is smooth then add the remaining milk. Beat until well mixed and the surface is covered with tiny bubbles.

4. Pour the batter into the tins and bake for 10 to 15 minutes for individual puddings; 30 to 40 minutes, if using a large tin, until risen and golden brown.