

Vegan Yorkshire Pudding

Menu Week 1

Monday

Yorkshire Pudding (VG)

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Junior: 10 Portions

| Ingredients | |
|---|---------------|
| Self Raising Flour FLO032 Self Raising Flour (FLO 032) | 281 g |
| Baking Powder BAK441 Baking Powder | 9 g |
| Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167 | 375 ml |
| Warm boiled water Warm boiled water | 125 ml |
| Oil (sunflower) OIL075 KTC SUNFLOWER OIL | 13 ml |

| Method |
|---|
| <ol style="list-style-type: none">1. Add all the ingredients except the oil to a bowl and whisk until smooth.2. Transfer the batter to a jug, cover with cling film and leave to rest in the fridge for 1 hr.3. Heat oven to 220C/200C fan/gas 7. Spoon a tsp of oil into eight holes of a muffin tin and place in the oven for 5 mins to get really hot.4. Remove the tin from the oven and carefully pour the batter into the hot oil. Return to the oven and bake for 25-30 mins until risen and deep golden brown. |

| Allergens |
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| Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Soya• Spelt• Wheat <div><p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p></div> |

| Nutritional Content (portion) |
|------------------------------------|
| Energy (kcal): 121.6 |
| Fat (g): 2.3 |
| Saturated Fat (g): 0.3 |
| Carbohydrate: (g): 20.8 |
| <i>of which Sugars:</i> 0.2 |
| Protein (g): 3.9 |
| Fibre (g): 1.1 |
| Sodium (mg): 0.1 |
| Salt (g): 0.0 |

| Food Safety |
|---|
| <ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Probe cooked dish to confirm a minimum temperature of 82C.4. The service temperature must be maintained at above 65C throughout the service period. |