



Serves	10-12
Prep (min)	10
Cook (min)	45 - 50

YORKSHIRE PUDDINGS

MISSION; to make allergy-friendly Yorkshire puddings, that actually rise! My first attempt is the flat one on the right. Roll on three hours of experiments later... ta-dah, the towering pile on the left!

PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label when buying pre-packaged foods.

Ingredients

2-3 tbsp goose fat or sunflower oil
 160g Doves Farm gluten-free plain white flour
 1 tsp gluten-free baking powder
 ½ tsp xanthan gum
 Pinch of salt (optional)
 300ml rice milk
 25g Orgran No Egg - egg replacer mix
 100ml sparkling water

Method

1. Preheat oven to 200°C. Drizzel no more than ½ teaspoon of goose fat or sunflower oil into the holes of your non-stick tin. Place in the oven for the oil to get smoking hot while you make the batter.
2. Sift the flour, baking powder, xanthan gum and salt into a large bowl. Make a well in the middle of the flour, pour in the rice milk and mix until it resembles a smooth but thick batter.
3. In a separate bowl, mix Orgran No Egg powder with the sparkling water (this will froth up quite a bit). Add this to your thick batter and gently fold with a spoon, to avoid loosing those precious bubbles.
4. Carefully remove your hot tin from the oven and spoon two good dollops of batter into each hole (the oil should sizzle at this point).
5. Return the tin to the top shelf of the oven as quickly as possible, BUT turn the temperature down to 180°C and bake for 45-50 minutes (unfortunately, I've found these Yorkshires take longer to bake than the normal ones). Once they're crispy and golden, lift out and serve stacked up proudly on a plate.

Tip: These are great to make in advance, then you can freeze them until needed. Cook direct from frozen in a hot oven for 5-10 minutes - they store well in the freezer for up to 1-2 months.

Free from

Dairy
 Egg
 Gluten
 Nuts
 Peanut
 Soya
 Sesame
 Shellfish
 Fish

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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