



Toad in the Hole with Roasted Winter Root Vegetables, Wholegrain Mustard and Beer Gravy



Prep



Cook



Set table



Serve

Recipe from 'Omnivore' by Jim Brisby and Simon Woods published by Cranswick PLC 2025.

You will practise:



chopping



frying



tasting safely



Chop & Change

Building resilience
not reliance



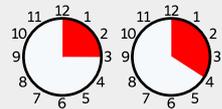


Meal information

Chop & Change



Preparation time



15-20 minutes



Cooking time



25 minutes



Serves

6

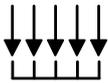
6



people



Nutrition



in each



serving:



Calories
(kcal)

817



Protein
(g)

37.7



Carbohydrate
(g)

54.2



Fat
(g)

48.5



Fibre
(g)

9.6



Ingredient List

Chop & Change



For the roasted vegetables:



3 large carrots, peeled and cut into batons.



1 bunch of raw beetroot, peeled and cut into wedges.



400g butternut squash, peeled and cut into 2cm chunks



200g tenderstem broccoli



50g honey



5g fresh thyme



1 tablespoon extra virgin olive oil



sea salt



cracked black pepper



For the gravy:



1 large red onion, peeled and finely sliced



2 garlic cloves, peeled and finely diced



200ml IPA beer



20ml balsamic vinegar



1/2 tablespoon vegetable oil



2 sprigs of thyme, leaves only.



300ml chicken stock



300ml beef stock



20g plain flour



Ingredient List

Chop & Change



For the gravy:



50g wholegrain mustard



40ml water



1 tablespoon brown sauce



For the toad in the hole:



4 large eggs



150g plain flour



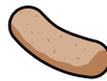
265ml milk



sea salt



4 tablespoons sunflower oil



12 premium pork sausages in hog casings





Equipment List

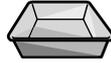
Chop & Change



oven



baking tray



deep baking tray



frying pan



2 bowls



measuring jug



knife



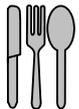
chopping board



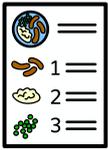
whisk



6 plates



cutlery



Method for the Roasted Vegetables

1. Preheat the oven to 200°C / 400 degrees Fahrenheit / Gas Mark 6.

2. Place the carrots, beetroot and butternut squash in a bowl.

3. Add the olive oil, honey, thyme, sea salt and cracked black pepper.

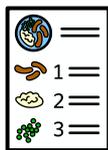
4. Mix until the vegetables are coated.

5. Spread out the vegetables on a baking tray.

6. Place in the oven at the same time as the toad in the hole.

7. After 20 minutes, add the broccoli and mix carefully.

8. Return to the oven for 5 minutes.



Method for the Gravy

1. Add the vegetable oil, garlic and onion to a frying pan.

2. Place the pan over a medium to high heat.

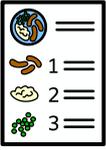
3. Fry the onion and garlic until they turn golden brown.

4. Add the beer, balsamic vinegar and thyme.

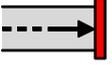
5. Cook until the liquid has reduced to a thick syrup.

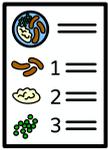
6. Add the chicken stock and the beef stock and bring to the boil.

7. Reduce the heat to medium and reduce the stock by half.

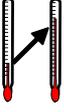


Method for the Gravy

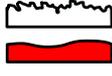
8.  Mix  the flour,  mustard and  water  together.
9.  Stir  the flour,  mustard and  water  quickly  into  the gravy.
10.  The gravy should be  the consistency  of  double cream.
11.  Simmer for  5 minutes.
12.  Finish by adding  1 tablespoon  of  brown sauce.



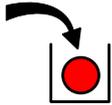
Method for the Toad in the Hole

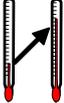
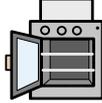
1.  Preheat the oven to  200°C / 400  degrees Fahrenheit/  6 Gas Mark 6.

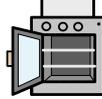
2.  Place the eggs,  flour and  milk in  bowl.

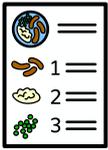
3.  Whisk the eggs,  flour and  milk to form  a smooth  batter.

4.  Add a pinch of  sea salt to the batter. 

5. Put  4  tablespoons of  sunflower oil into  a deep baking tray. 

6. Put the tray  into  the preheated  oven  for  5 minutes.

7.  Carefully remove  the tray  from  the oven. 



Method for Toad in the Hole

8. Pour the batter into the tray.

9. Add the sausages to the tray, leaving space between them.

10. Place the tray in the oven.

11. Put the tray of the vegetables in at the same time.

Cook for 25 minutes.

Chef's tip:

Don't open the oven door for at least 20 minutes.

The yorkshire pudding batter needs time to rise.