

## Yorkshire Pudding

Makes one large or twelve small puddings.

### Ingredients:

4oz All-purpose flour  
8 Fl oz whole Milk  
3 Eggs  
Pinch of salt  
Vegetable oil

### Tools required:

One whisk  
Mixing bowl  
Nonstick muffin pan  
Pouring jug with spout or small ladle

### Method:

Heat the oven to 400\* F.

Put the flour and salt into a mixing bowl and make a well in the center. Break the eggs into the well and add a little milk. Mix well until all the flour has been absorbed and the paste is smooth. Add the milk a little at a time until the mixture is smooth and creamy, beating well. Leave to stand for 30 minutes before using.

In a meat dish or muffin pan put a little oil, enough to cover the bottom and place in the oven on the top shelf for a few minutes until the oil is hot and a little smoky. Carefully remove from the oven and add the batter to halfway up the pan. Immediately put the pan back in the oven on a high shelf and cook for 20 - 30 minutes or until the batter has risen up over the top of pan and is golden brown, light, and fluffy. Serve immediately.

*Note: My father would pour the pudding around the Sunday roast beef 30minutes before it was done. So delicious! All those meat juices.... Yummy! You can also use as a dessert spread with preserves.*

## Baked Apples:

Four to six cooking apples, medium to large size

### Ingredients:

4-medium/large cooking apples  
4oz soft brown sugar  
4oz raisins

### Tools:

Shallow baking dish  
Apple corer  
Small sharp knife  
Teaspoon

### Method:

Wash and dry the apples. Core them. Mix together the dried fruit and sugar. Take a small paring knife and make a split all the way around the circumference, halfway down the apple, to slice into the peel but not into the apple itself.

With a small spoon, fill the center of the apple with the brown sugar and raisins, pushing down firmly, until you have filled the apple as full as it will go. Place into a shallow buttered baking dish, keeping your fingers on the underside of the apple as you lift, making sure the mixture does not fall through. Keeping

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the apples fairly tight with just a little room between them, pour in six to eight ounces of water into the dish making sure the water comes to about 1/3 of the way up the apple. Add in a good spoonful or two of the remaining sugar and raisin mixture into the water. Bake in your oven at 350 to 375 degrees F for about forty-five minutes until when pierced with a knife the apple is soft and cooked through.

*Note: ¼ to ½ teaspoon of cinnamon can be added to the brown sugar before you add the fruit if desired. Most dried fruit will work (apricots, cranberries, dates, figs) do not use fresh fruit to fill as it will disintegrate.*