

YORKSHIRE PUDDING, ROAST BEEF AND BLUE CHEESE CANAPÉ

EQUIPMENT

MIXING BOWLS, SCALES, WHISK, POURING JUG, CHEF KNIFE, SPOONS, FRYPAN, MINI MUFFIN TIN, BAKING TRAY, MESH SIEVE, WHISK, CAKE RACK

INGREDIENTS

2 WHOLE EGGS, 100GM MILK, 100GM FLOUR, SALT, 15 PARSLEY LEAVES,
120-150GM RUMP STEAK OR SIRLOIN, EXTRA VIRGIN OLIVE OIL, 60-80GM BLUE CHEESE

METHOD

CRACK THE EGGS INTO A MEDIUM SIZED MIXING BOWL AND WHISK UNTIL BEGINNING TO BUBBLE. ADD THE MILK AND WHISK AGAIN. NEXT ADD THE FLOUR AND SALT AND WHISK AGAIN UNTIL SMOOTH.

POUR THE MIXTURE THROUGH A SIEVE INTO A JUG AND SET ASIDE.

PLACE THE MUFFIN TRAY ON TOP OF A BAKING TRAY AND POUR EVOO INTO THE BASE OF EACH MUFFIN SLOT. POUR ENOUGH OIL TO COVER THE BASE WELL. PLACE THE TRAY INTO A PRE-HEATED OVEN 190°C FOR 8 MINUTES

AT THE SAME TIME HEAT A FRYPAN OVER MEDIUM HIGH HEAT AND ADD A SPLASH OF OIL, SEASON THE STEAK AND PAN FRY ON BOTH SIDES UNTIL MEDIUM RARE

FINELY CHOP THE PARSLEY LEAVES AND SET ASIDE

ONCE THE STEAK IS COOKED REMOVE FROM THE HEAT AND SET ASIDE TO REST AND COOL SLIGHTLY

REMOVE THE TRAY FROM THE OVEN AND POUR THE PUDDING MIX INTO EACH SLOT IN THE MUFFIN TRAY. FILL ALMOST TO THE BRIM AND ENSURE NO MIXTURE SPILLS ONTO THE OUTER PARTS OF THE TRAY AND THAT THE SLOTS ARE NOT OVERFILLED AND BRIMMING OVER.

PLACE THE TRAY BACK IN THE OVEN COMBI SETTING 190°C FOR 15-18 MINUTES

ONCE BAKED REMOVE THE TRAY FROM THE OVEN AND REMOVE THE PUDDINGS FROM THE MUFFIN MOULD AND PLACE ON A CAKE RACK TO COOL.

TOP UP THE OIL IF REQUIRED IN THE MUFFIN TRAY AND RETURN THE MUFFIN TRAY TO THE OVEN AND REPEAT THE PROCESS WITH THE REMAINING PUDDING MIX.

ONCE ALL THE PUDDINGS ARE BAKED FINELY SLICE THE BEEF INTO SMALL STRIPS, PLACE ONE BEEF STRIP INTO EACH PUDDING, TOP WITH A SMALL PIECE OF BLUE CHEESE AND SCATTER OVER CHOPPED PARSLEY AND SERVE.

HINTS & TIPS

- USE THE SAME RECIPE TO MAKE LARGE YORKSHIRE PUDDINGS FOR YOUR ROAST DINNER.

- BE SURE THAT THE TRAY AND OIL IN THE MUFFIN TRAY IS HOT BEFORE YOU ADD YOUR PUDDING MIX. ANY PUDDING MIX THAT HAS SPILLED TO THE SIDE OF THE TRAY AND JOINS THE MIX IN THE MUFFIN MOULD WILL PREVENT THE PUDDINGS RISING CORRECTLY.

- THIS IS A GREAT OPTION FOR CANAPÉS. YOU CAN MAKE THE PUDDINGS AHEAD OF TIME AND ALSO USE COLD ROAST BEEF COOKED EARLIER. ALL YOU NEED TO DO WHEN YOUR GUESTS ARRIVE IS ASSEMBLE.