

# GF Yorkshire Pudding

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Source: Adapted from Jamie Oliver <http://www.jamieoliver.com/recipes/egg-recipes/gluten-free-yorkshire-pudding>

Amount	UOM	Ingredient	Substitution
200	Grams	Free Range Eggs, about 4	
2	Tsp	Liquid Pectin	
50	Grams	Tapioca Starch	
40	Grams	Sweet Rice Flour	
30	Grams	Rice Flour	
180	ML	Whole Milk or Goat's Milk	Unsweetened Almond or Coconut Milk
5	Tsp	Lard	Softened Beef Drippings, Bacon Fat or Coconut Oil
4-5	Pinches	Sea Salt	

1. Beat the Eggs in a large jug, then whisk in the Pectin, Tapioca Starch, Flours and Sea Salt to make a smooth paste.
2. Add half the Milk and whisk again until smooth. Whisk in the rest of the milk to make a smooth batter. Cover and set aside for 1 to 6 hours, or up to 24 hours in the fridge.
3. If you are having these with a roast dinner, get everything ready so that the puddings can bake in the oven while you rest your meat for 20 minutes.
4. Divide the fat amongst 10 holes of a muffin tray, or for one large pudding, put it into a 20cm x 30cm roasting tray. Place the tray in the oven to heat up (along with the meat for the last 10 minutes of its roasting time).
  - Note: Made 6 large Yorkies in these tall Chicago metallic professional popover armor glide pans.
5. When you take the meat out, turn the oven as high as it will go (ideally 250°C/fan 500°F/gas 10). When it reaches this temperature, take the tray out of the oven and place over a medium heat on the hob, trying to get an even spread of heat under the tin.
6. Wait until the fat is starting to smoke. Meanwhile, give your batter a good whisk. Quickly and carefully pour the batter into the tray, dividing it evenly between the holes if making individual puddings – the batter will bubble in the hot fat as you add it.
7. Put the tray straight into the oven and turn the heat down to 240°C/475°F/gas 9.
8. Bake for 10 minutes, during which time the puddings should puff up into all manner of exciting and improbable shapes. Turn the oven down to 200°C/400°F/gas 6 and bake for a further 10 minutes until the puddings are deep golden brown and crisp on top.
9. Don't open the oven to check them at any point or they will collapse – just hold your nerve and get on with the gravy. Eat the Yorkshire puddings right away, with your roast. Otherwise, pierce the puddings with a toothpick so the gas will release slowly without losing its glorious shape.

