

'Cumberland filled yorkshire pudding'



Ingredients (10 portions)

Amount	Measure	Name
1	l	Knorr Demi Glace Sauce Mix 16L
600	g	Onions
800	g	Sausage, Cumberland
1.15	kg	Yorkshire pudding 7"
500	g	Potatoes
50	g	Flora Buttery 2kg
50	ml	Meadowland Double 1L
5	g	Parsley

Preparation

Advance Preparation

Warm serving bowls. Pre heat oven to 180°C (350°F) Gas Mark 4. Make up sauce as per manufacturers instructions.

Method

1. Place onions and sausages into a gastronorm insert and bake in oven for 10 minutes.
2. Decant the sauce into the gastronorm and cover with foil or a lid.
3. Place into the oven and cook for 30 minutes or until thoroughly cooked.
4. Cook yorkshire puddings as per manufacturers instructions. Boil the potatoes until tender, drain and mash. Mix in the FLORA and MEADOWLAND in to the potatoes.
5. Place the yorkshire pudding centre of plate filled with the mash and sausages finish with the onion gravy and chopped parsley.

Service Hint

Serve with a 80g portion of vegetables like broccoli, carrots, peas or braised red cabbage.

Handy hint

The flavour of sausage can be change to any flavour.

Nutrition

Added salt is not recommended but if used keep to a minimum . If using oil use unsaturated (olive or sunflower) and reduce the quantity used where possible. This helps to provide a nutritional balanced dish. To reduce the fat and saturated fat content of this dish you could use reduced fat sausages.

Guideline Daily Amounts

