



## Ingredients

140g Plain Flour

4 Eggs

200ml Milk

Sunflower oil for cooking.

## Method

Pre-heat the oven to 230°C (Fan 210°C) or 446°F (Fan 410°F) or gas Mark 8

Beat the eggs thoroughly until smooth. Add the 200ml milk to the eggs.

Tip the 140g plain flour into a bowl, then slowly add the egg/milk, mixing and beating as you go. Once all the egg/milk is added, carry on beating until the mix is completely lump-free the season with salt and pepper.

Pour the batter into a jug.

Drizzle a little sunflower oil evenly into two 4-hole or two 12-hole non-stick muffin tins and place in the oven to heat through until smoking.

Remove the hot tins from the oven and carefully and evenly pour thue batter into the holes.

Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have risen/puffed up and browned.

Serve immediately.