



Allotment Gardening In North Essex -- At Home In The Kitchen

Vegetable and Bacon Toad

Ingredients: 4 portions

Batter mixture:

100g 4oz plain flour

1/2 pt Milk

2 eggs

1 tsp English mustard

Salt

Vegetable and bacon filling:

400g 12oz vegetables

mushrooms, tomatoes, mange tout,
french beans, onion, carrot, courgette

50g 2oz streaky bacon 1tbsp mixed
herbs

2tbsn olive oil

25g 1oz butter

2 cloves garlic

Method:

Batter:

1. Sift flour with a pinch of salt into a bowl
2. Add a well in the middle of the flour and add the eggs and a little of the milk.
3. Beat well to a smooth consistency and gradually add the rest of the milk
4. Stir in the English mustard and leave to stand.

Mixture:

1. Prepare all vegetables into suitable shape and size
2. Crush the garlic with a knife add salt and then grind to a paste with a large knife
3. Gently part cook the carrot, french beans, mange tout in salted water
4. Heat the frying pan with the butter and half the oil
5. Place the rest of the oil into a roasting pan and place in a hot oven to heat to a high temperature.
6. Drain the vegetables and put to one side.
7. Fry off the onions, bacon and garlic for about 3min without colour
8. Add the mushrooms and courgettes and cook for a further 2 min.
9. Add the tomatoes, strained cooked vegetables and herbs a cook together for a few minutes.
10. Remove the very hot roasting tin from the oven and pour in the batter mixture.
11. Add the hot vegetable mixture to the batter and place into a hot oven approx 200c Gas mark 6 for approx 40min or until golden brown and cooked.
12. Remove from oven and serve.