White Bean Onion Gravy with Crisp Batter Puddings

12 small batter puddings with bean-onion gravy; 3 puddings per serving · Active 25 min · Total 55 min

Skills: Managing a hot oiled muffin pan and timing a rising batter

Ingredients

- 3 large eggs (150 g without shells)
- 1 cup all-purpose flour for batter (120 g)
- 3/4 cup milk (180 ml)
- 3/4 teaspoon fine salt (4.5 g), divided: 1/4 teaspoon/1.5 g for batter and 1/2 teaspoon/3 g for gravy
- 4 tablespoons neutral oil (60 ml), divided: 3 tablespoons/45 ml for muffin pan and 1 tablespoon/15 ml for onions
- 2 medium onions, thinly sliced (300 g prepared)
- 2 tablespoons all-purpose flour for gravy (15 g)
- 2 cups low-sodium vegetable stock (480 ml)
- 2 cans white beans, drained and rinsed (480 g drained total)
- 1 cup frozen peas (140 g)
- 1 tablespoon standard soy sauce (15 ml)
- 1 teaspoon prepared yellow mustard (5 g)
- 1/2 teaspoon dried thyme (0.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

12-well metal muffin pan, mixing bowl and whisk, jug with pouring lip, large skillet or saucepan, oven mitts, heatproof trivet, measuring spoons, food thermometer

Allergens

wheat, egg, milk, soy, mustard. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C. Whisk eggs, 120 g batter flour, milk and 1/4 teaspoon/1.5 g salt into a smooth batter. Transfer to a pouring jug and rest for 20 minutes.

2. Divide 45 ml oil between the 12 metal muffin wells, about 3/4 teaspoon per well. During the last 8–10 minutes of the batter rest, place the oiled pan in the oven to heat. Prepare a clear heatproof space for taking it out.

3. Meanwhile, cook onions in the final 15 ml oil over medium heat for about 15 minutes, stirring, until soft and golden. Stir in the 15 g gravy flour for 1 minute, then gradually add stock while stirring. Add soy sauce, mustard, thyme, pepper and the remaining 1/2 teaspoon/3 g salt.

4. Carefully set the hot muffin pan on the trivet. Stir the rested batter once, then divide between all 12 wells, keeping your hands clear of the hot oil. Return to the oven and bake for 22–25 minutes until risen, golden and set. Keep the oven closed for at least the first 18 minutes. At the end of baking, check the thick batter at the base of a pudding reaches at least 160°F/71°C and is fully set, not wet with raw egg batter.

5. While the puddings bake, add white beans and peas to the gravy. Simmer gently for 6–8 minutes until steaming and the peas are cooked. Mash about 2 tablespoons of the beans against the pan side and stir back into the sauce. Keep the gravy hot, covered, until the puddings are ready.

6. Serve 3 puddings per person with one-quarter of the bean, pea and onion gravy. Add gravy at the last moment so some crisp edges remain.

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Use the oven interval

The onion gravy cooks while the oven heats and the puddings bake. No separate roasted main dish is assumed in the serving count.

Ingredient labels

Contains prepared mustard as well as wheat, egg, milk and soy. Check soy sauce, stock and mustard labels for additional allergens.

A useful detail

The hollow shape is created by a hot metal pan and steam from the batter. A cold pan, a long delay during pouring or opening the oven early can produce a flatter result.

Keep it well

Keep gravy and puddings separate and refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 3 days. Reheat gravy to 165°F/74°C throughout; reheat puddings uncovered in a hot oven until hot through to 165°F/74°C. They soften during storage but can regain some edge crispness.