

Christmas 2009

YOUR dessert (serves six)

CHRISTMAS PUDDING

Ingredients:

4 large eggs
1 pint fresh full cream milk
1 teaspoon salt
½lb fresh grated beef suet (vegetarian suet is available)
¾lb stoned raisins
¾lb currants
¼lb brown sugar
1lb blanched almonds
1 whole nutmeg
2oz candied peel cut very fine
Brown breadcrumbs
1 wine glass brandy
1 wine glass white wine

Method:

Beat the eggs and add ½ pint of

the milk and salt. Beat all together well. Add the suet, fruit, sugar, nutmeg, peel and almonds. Mix together thoroughly and then add the other ½ pint of milk. Beat in sufficient breadcrumbs to make the mixture a stiff paste, then stir in the wine and brandy. Place the mixture in a bowl and allow to stand for five hours. Place in a basin (or two), tie securely and boil for four hours. If you want to boil the pudding in a cloth to get the traditional spherical shape, use only ½lb each of the fruit and 1oz of peel in the original mixture, or it will fall apart when the cloth is removed.

To go with the pudding try the boiled pudding sauce below.



YOUR sauces

BOILED PUDDING SAUCE

Ingredients:

Fresh butter
Preserving sugar
1 wine glass of white wine
1 wine glass of brandy
1 wine glass of your favourite liqueur

Method:

Mix all together in a bowl and pour into a pan. Bring to the boil and pour half over the pudding on the serving dish and take the rest to the table in a sauceboat.

UNBOILED CHRISTMAS SAUCE

Ingredients:

3 tablespoons double cream
Yolks of 2 eggs
1 tablespoon sugar
3 tablespoons white wine
3 tablespoons brandy or rum according to taste

Method:

Warm the cream in a double saucepan or a bowl standing in boiling water. Add the egg yolks, sugar, wine and spirit. Stir well but DO NOT ALLOW TO BOIL. Season with fresh ground nutmeg and serve from a heated sauceboat, as hot as possible. Remember, however – TO BOIL IS TO SPOIL.



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