HEARTY & GROUNDING

Steamed Fruit and Spice Pudding with Custard

PREP	COOK	SERVES
25 min	2 h 30 min	8

A dark, moist pudding of dried fruit, orange and warm spices, made with beef suet and steamed for hours.

Ingredients

For the pudding

- 150 g self-raising flour
- 100 g fresh white breadcrumbs
- 150 g shredded beef suet
- 100 g dark brown sugar
- 250 g mixed dried fruit
- Zest and juice of 1 orange
- 1 apple, grated
- 2 tsp mixed spice
- 2 eggs
- 100 ml milk
- 2 tbsp golden syrup
- Butter, for the basin

To serve

- 500 ml warm custard

Method

1. Butter a 1.2 litre pudding basin and spoon the golden syrup into the bottom.
2. Mix the flour, breadcrumbs, suet, sugar, dried fruit, orange zest, apple and spice.
3. Beat the eggs with the milk and orange juice, then stir into the dry mix. It should drop off a

spoon.

4. Spoon into the basin. Cover with a pleated layer of baking parchment and foil and tie with string.
5. Steam in a pan of simmering water, halfway up the basin, for 2 1/2 hours, topping up the water when needed.
6. Turn out onto a warm plate and serve with custard.

Cook's tip

The pleat in the parchment lets the pudding rise without splitting the lid.