



CHRISTMAS PUDDING

VIC FAULKNER, COO, BALI

Prep Time: 45 mins, starting the day before cooking. Store for several weeks before final cooking and consumption.

Cook Time: 8 hours plus 2.5 hours (3 hours plus 45 mins if using pressure cooker)

Servings: 8-10

Equipment Needed:

- Ceramic pudding basin 1.2 ltr capacity
- Butchers' string
- Greaseproof paper
- Tea towel
- Large saucepan or pressure cooker with trivet

Background:

Dates back to Roman times but the first recorded recipe for this pudding appears in 1723, so we are in its 300 th anniversary year! It was not called Christmas Pudding back then, the name emerging over the next hundred or so years. By the early 20 th Century it was a regular feature on festive menus.

Makes 1 X 1.2ltr Pudding:

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| • 1 tsp mixed spice | • 1 apple, peeled and chopped |
| • ¼ tsp grated nutmeg | • Grated zest of ½ large lemon |
| • Pinch ground cinnamon | • Grated zest of ½ large orange |
| • 225g soft dark brown sugar | • 2 tbs rum |
| • 110g sultanas | • 75ml barley wine (or brandy) |
| • 110g raisins | • 75ml stout |
| • 275g currants | • 2 large eggs |
| • 25g mixed peel | |
| • 1 grated carrot | |
| • 25g slivered almonds | |

I typically make the pudding(s) on the last Sunday in October but different people have different philosophies on that. The best day is the day when kids are around and can make a wish.

The day before cooking place the suet, sifted flour, breadcrumbs, spices and sugar in a large bowl. Mix. Then add all the dried fruit, mixed peel, nuts, apple, carrot, and grated orange and lemon zests.

In a smaller bowl measure out the rum, barley wine and stout. Then add the eggs and beat together. Pour this liquid over the ingredients in the large bowl and stir thoroughly. Close your eyes and make a wish while you take it in turns to stir clockwise.

Cover the bowl with a damp towel and leave overnight in fridge.

Next day, rub butter/margarine around the pudding bowl adding a disc of greaseproof at the bottom. Add a special coin and pour the mixture into the greased pudding basin. Cover with a pleated double sheet of baking parchment and a pleated sheet of foil and tie in place with string. Also tie some strong string across the top to make a handle. Place in a large saucepan on a trivet and fill to half way up the bowl with water. Bring to boil and then simmer for 8 hours (3 hours in pressure cooker), topping up the water periodically. Remove from pot and allow to cool. Remove the parchment and foil and replace with new. Store in a cool place until Xmas day.

On occasion I have stored the pudding until the following Xmas - even better!

On Xmas day steam again as before, for a further 2 ¼ hours (45 mins in pressure cooker).

Turn out onto a shallow bowl, add holly leaves and pour over some extra brandy - light it as you bring to the table.

Accompaniments:

- Brandy butter
- Rum sauce
- Custard
- Ice cream
- Double/clotted cream

The person who finds the coin can make a special wish that will surely come true!