

puddings



All quantities for 4

STEAMED PUDDINGS

Plain Steamed Pudding

8 oz. plain flour	2 oz. sugar
A pinch of salt	Milk, or milk and water to
4 level teaspoons baking powder	mix (just over $\frac{1}{4}$ pint)
2 oz. fat	2 dried eggs, dry

Mix together flour, salt, baking powder and dried egg. Rub in the fat until the mixture resembles breadcrumbs. Add sugar, and enough liquid to make the mixture a dropping consistency. Turn into a greased 6 in. basin and steam for 1 hour.

VARIATIONS OF PLAIN STEAMED PUDDING

FRUIT PUDDING. Plain steamed pudding, with 2—3 oz. dried fruit added with the sugar.

SPICE PUDDING. Plain steamed pudding, with 2—3 oz. dried fruit and 2 level teaspoons mixed spice added with the sugar.

CHOCOLATE PUDDING. Plain steamed pudding, with 3 level tablespoons cocoa added with the sugar and $\frac{1}{2}$ —1 oz. sugar, or syrup added with the liquid.

JAM OR MARMALADE PUDDING. Put 2 tablespoons of jam or marmalade in the bottom of the basin.

Suet Crust Pudding

8 oz. plain flour	1 oz. grated suet, or other fat
A pinch of salt	
2 level teaspoons baking powder	1 oz. grated raw potato
	Water to mix (about 4 tablespoons)

Mix together the flour, salt and baking powder. Add the suet (if other fat is used rub this into the flour, etc., until the mixture resembles breadcrumbs), grated potato and enough water to mix to a stiff consistency. Roll out $\frac{1}{4}$ of the mixture, line a greased 7in. basin with this. Fill the basin

with fruit, and sugar (approximately 1½ lb. fruit plus 2—3 oz. sugar) moisten the edge of the pastry with water. Roll out the remaining ¼ of pastry and cover the contents of the basin with this. Press the edges well together. Steam for 1—1½ hours.

Potter Pudding

2½ oz. margarine	6 oz. plain flour
3 oz. sugar	4 level teaspoons baking powder
2 dried eggs, dry	3 oz. breadcrumbs
¼ tablespoons water	A little milk
Flavouring essence	2 oz. raisins, or ½ lb. apples, or 2 oz. jam or marmalade

Cream the margarine and sugar with the dried eggs, adding the water gradually during creaming. Add essence, sift the flour and baking powder and add to the creamed mixture. Add the breadcrumbs and sufficient milk to make a soft consistency. Grease a pudding basin and place the raisins or jam, or peeled and sliced apples in the bottom. Add the pudding mixture and cover with greased paper. Steam 1½ hours.

Jack Horner Pudding

6 oz. plain flour	Water to mix
2 level teaspoons baking powder	1 lb. fresh fruit or 6 oz. dried apricots or apple soaked overnight.
¾ teaspoon salt	Sugar to sweeten or saccharine
1½ oz. suet or fat	
1½ oz. grated raw potato	

Mix flour, baking powder and salt. Rub in fat or add suet. Add potato. Mix to a stiff dough with water. Roll out ¼ in. thick and the size of a saucepan top. Put fruit into pan with the sugar and a little water if fresh fruit is used or cover with water if dried fruit is used. When boiling put in the pastry round and cook about 30—45 minutes, dish up with fruit piled on pastry.

BAKED PUDDINGS

Apple Charlotte

1 lb. apples, or other fruit	½ level teaspoon cinnamon, nutmeg or mixed spice
6 oz. breadcrumbs	
2—3 oz. sugar	2 oz. margarine melted

Prepare the fruit, and cut it into thin slices. Mix together the breadcrumbs, sugar, spice and melted margarine. Arrange a layer of the breadcrumb mixture in a greased pint size pie dish, then a layer of fruit, and continue filling the pie dish with alternate layers of breadcrumbs and fruit until all the ingredients are used up finishing with a layer of the breadcrumb mixture. Bake in a moderate oven for ¾—1 hour. Serve hot.

VARIATIONS OF APPLE CHARLOTTE

PRUNE PUDDING. Replace apples by ½ lb. prunes, soaked, stoned and cut into pieces.

CHOCOLATE APPLE CHARLOTTE. Add, 2 level tablespoons cocoa to the breadcrumbs.

APPLE MARMALADE CHARLOTTE. Add 4—6 level table-
spoons marmalade to the breadcrumb mixture to replace the sugar.

Cottage Pudding

8 oz. plain flour	3 oz. fat
Pinch salt	1 dried egg, dry
4 level teaspoons baking powder	3 oz. sugar
	Milk to mix (about $\frac{1}{4}$ pint)

Mix together the flour, salt and baking powder. Rub the fat into this mixture. Add the dried egg, sugar and enough milk to make the mixture to a soft consistency. Turn the mixture into a greased Yorkshire pudding tin, and bake in a moderate oven from 30—40 minutes. Cut into squares and serve with custard or other sauce.

VARIATIONS OF COTTAGE PUDDING

EVE'S PUDDING. 2 lb. apples or 1—2 lb. other fruit prepared and put into a pie dish and covered with the cottage pudding mixture.

COTTAGE FRUIT PUDDING. Cottage pudding, Add with with 2—3 oz. dried fruit, 2 level teaspoons mixed spice. } sugar.

GINGER COTTAGE PUDDING. Cottage pudding, with 3—4 level teaspoons ginger added with sugar.

(N.B.—Some of the sugar in the cottage pudding recipe may be replaced by syrup in the Ginger Cottage Pudding.

MILK PUDDINGS

Semolina Pudding

4 level tablespoons semolina	1 pint milk, fresh, house- hold or tinned
1 level tablespoon sugar	Grated nutmeg
	Pinch of salt

Mix the semolina, sugar and salt with a little of the cold liquid. Boil the remaining liquid and when boiling, pour it into the blended semolina. Mix well, return to the pan, stir until it boils and boil 5 minutes or cook 15 minutes over hot water. Pour the mixture into a pie dish and grate a little nutmeg on top. Bake in a moderate oven for about $\frac{1}{2}$ hour till brown on top.

American Bread Pudding

3—4 oz. bread cut in small cubes (including crusts)	1 tablespoon sugar
1 pint milk	1 egg reconstituted
$\frac{1}{2}$ oz. margarine	Pinch of salt
	1 teaspoon vanilla or $\frac{1}{2}$ teaspoon spice

Heat the milk and margarine and pour on the bread. Set aside to cool. Add remaining ingredients, mix well and bake until set in a moderate oven.

Variations. Spread top with jam or marmalade before serving; or add little dried fruit before baking; or add 2 table-
spoons cocoa and an extra tablespoon sugar.



COLD SWEETS

Cornflour Mould

1½ to 2 oz. cornflour, custard powder, or arrowroot	Pinch of salt 1 pint milk Flavouring
1½ oz. sugar	

Mix the cornflour, sugar and salt to a smooth paste with a little milk. Boil the rest of the milk, and add this slowly to the blended cornflour. Return the mixture to the pan, add the flavouring, bring to the boil, and stirring well all the time, boil the mixture 5 minutes or longer. Pour the mixture into a wetted mould, and leave till cold, and set before turning out.

VARIATIONS OF CORNFLOUR MOULD

CHOCOLATE MOULD. Cornflour Mould recipe with the addition of 2 level tablespoons cocoa added with the cornflour, sugar, etc.

COFFEE MOULD. Cornflour Mould recipe using ½ pint milk and ½ pint strong black coffee to make up the pint of liquid.

N.B.—The Coffee Mould may be found too sweet by some. If this is the case the sugar could be cut down to 1 oz.

Mexican Cream

2 level tablespoons dried egg, dry	2—4 level tablespoons sugar Pinch of salt
2 level tablespoons flour	1 pint moderately strong coffee
2—4 level tablespoons cocoa	Vanilla essence

Mix the dry ingredients together and mix to a smooth paste with a little coffee. Boil the remaining coffee. Pour on to the other ingredients, return to the pan and boil 5 minutes. Add vanilla and pour into individual glasses or a serving dish. Serve cold.

Fruit Creams

½ lb. fruit	2 level dessertspoons semolina
½ pt. milk	Sugar to taste
Colouring if necessary	

Stew the fruit in as little water as possible. Boil the milk, sprinkle on the semolina. Stir until the mixture thickens. Allow to cook 15 minutes. Add the stewed fruit to the semolina, gradually, whisking all the time. Beat well 2—3 minutes. Add the sugar and suitable colouring. Serve cold.