

Glendower

GRANDMA'S CHRISTMAS PUDDING

- ½ lb (230gms) butter
- 3 desert spoons Golden Syrup
- 1 ½ cups of brown sugar
- 1x 750 gm pkt of mixed fruit
- ½ cup of chopped dates or prunes
- 2 tbsp jam
- 1 tsp mixed spice
- 2 tsp bicarb soda
- 2 tbsp rum



Mix everything together except the rum. Place in pot and heat gently until butter melts and then increase heat slightly and stir until mixture boils for about three minutes. Cool, add rum and let stand in refrigerator overnight.

- 4 eggs beaten
- 2 tbsp powdered milk
- 2 cups SR flour
- 1 cup plain flour
- 1 cup of chopped nuts (use almonds, hazelnuts and brazil nuts or pecans)
- pinch of salt
- 2 tbsp of rum
- Kitchen String

Take fruit mix out of refrigerator and let it reach room temperature again. Stir in beaten eggs. Sift powdered milk, flours and salt and stir thoroughly in bowl, then add slowly to fruit mix, stirring all the time. Add nuts and rum and stir until mixed in well. Mixture should be quite thick.

Get a 75cm square piece of calico or other suitable cloth and make sure it's been washed. Fill a deep stock pot about ½ full with water and bring to boil. Place cloth in boiling water and boil it for about 2 min. Using tongs or gloves, take cloth out, squeeze out excess water and spread it out flat on a clean surface (I use the kitchen table). Starting from the centre out, sprinkle some plain flour and spread it evenly out until you have covered an area about the size of a family-sized pizza. Not too thick with the flour now, it's going to form the "skin". Scrape out the pudding mix into the centre of the cloth.

Draw up the four corners and then the sides and have someone hold them up. Make sure there are no deep folds extending into the mixture. Tie off the top as close to the pudding mix as possible and make sure it's secure (I go round the neck three times with doubled up string). Leave about 20 cms of string to "hang on to".

Put the pudding into the boiling water. IT MUST NOT TOUCH THE BOTTOM OF THE POT. USE A TRIVET OR INVERTED SAUCER IN THE POT TO PREVENT THIS. Water should cover the pudding. Boil for 3 hours and top up with water as needed.

After 3 hours, remove pudding and using the "handle" of string, hang it somewhere cool for 30 minutes or overnight. Meanwhile top up the water in your pot and bring to boil again. When the pudding cloth feels dry to touch, place pudding back into boiling water for two minutes and then remove and sit it on a plate. Cut string and GENTLY peel cloth away making sure "skin" doesn't come off. Invert pudding onto

