



DELICIOUS

ALCHEMY

The Perfect Christmas Pudding

This is a superb Delia Smith recipe from her *Complete Cookery Course*. It's easy to make although the pudding takes quite a long time to steam.

If you are looking for a quick Christmas recipe, try the other Delia recipe we have featured on our site – her 10 Minute, No Bake, Mini Christmas Cakes.

Makes 1 pudding in a 1lt/2pt bowl or 2 in a 570ml/1pt bowl.

Ingredients:

GF = Gluten Free

***Check these ingredients are gluten free on the label**

113g/4oz GF shredded suet
55g/2oz sifted GF flour
¼ tsp baking powder*
113g/4oz stale, GF breadcrumbs
½ level tsp Xanthan Gum
Heaped ½ tsp ground mixed spice*
¼ tsp grated nutmeg*
Heaped ½ tsp ground cinnamon*
225g/½lb soft brown sugar
113g/4oz sultanas
113g/4oz raisins
288g/½ lb currants
25g/1oz mixed peel*
25g/1oz chopped, blanched almonds
½ cooking apple, peeled, cored & finely chopped
Grated rind of ½ orange & ½ lemon
2 eggs – broken up
2 tbsp rum
75ml/ 2½ fl oz white wine
75 ml/2½ fl oz GF beer



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Method:

1. Thoroughly mix suet, flour, baking powder, xanthan gum, breadcrumbs, spices and sugar in bowl. Break down any sugar clumps.
2. One by one, thoroughly mix in each of the dried fruits, peels, apple and nuts.
3. In a separate bowl and mix in the eggs, rum, wine and some of the beer.
4. Empty all this over the dry ingredients and then stir very hard indeed. You must mix the ingredients very well at this stage.
5. Make sure mixture is of good dropping consistency which means it should fall from the spoon when tapped sharply against the side of the bowl. If necessary, add more beer to get it there.
6. Cover the bowl with a cloth and leave it.
7. Grease the pudding bowls and pack the mixture in tightly leaving around a 1cm or half an inch head room at the top of the bowl.
8. Cover each basin with a large square of greaseproof paper and tie it around the rim of the bowl with string.
9. Steam puddings for 8 hours in a steamer checking that the water does not boil away. If you are familiar with using a pressure cooker, using one will reduce the steaming time to 2.5 hours.
10. When you've removed them from the steamer, allow the puddings to cool, remove the greaseproof paper & replace it with a fresh lot.
11. Store the pudding in cool dry place.
12. When you are ready to eat it, steam it again for two hours in a steamer or half an hour in a pressure cooker.