

Christmas Pudding

A lovely dark shiny pudding taken from an out-of-print leaflet from the (no longer open) Wholefood Cookery School. We have enjoyed this one many times. You can use Organic ingredients (except for the Guinness!). Makes 4 x 1lb puddings or 2 x 2lb

100g / 4oz Wholemeal flour
200g / 8oz wholemeal Bread crumbs
200g / 8oz Currants
200g / 8oz Raisins
200g / 8oz Sultanas
100g / 4oz Mixed Peel
25g/1oz Ground Almonds
4 eggs (optional- give a more solid pudding)
Rind of a Lemon
½ teaspoon each Ground Ginger, Mixed Spice & Cinnamon
Pinch of grated Nutmeg
5 Tablespoons Oil. cold pressed is good
250ml / ½ pt Ale, such as Guinness

Mix all the ingredients together except the eggs, and leave for 8 hours.

Add the eggs and put into greased basins. Cover with greased greaseproof paper and wrap in foil or cloth. Steam 1lb size for 4 hours, 2lb for 8 hours.

To reheat on day of serving steam 1lb for 2 hrs, 2lb for 3 hrs. Note-don't let any foil be in direct contact with the pud.