



TRADITIONAL VICTORIAN CHRISTMAS PLUM PUDDING



Plum Pudding

a pound of flour
a pound of minced beef fat
a pound of bread crumbs
10 eggs

Mix these ingredients together to make the dough that will support the many herbs that give the pudding its precious bouquet. The dough must be mixed and kneaded until it is homogenous. Then add

half a pound of powdered sugar
half a glass of brandy
the juice of two lemons

Once again, vigorously knead the dough. Once mixed, you may add

a pound of raisins
half a pound of currants
an ounce of spices
half a pound of grapes from Smyrna
half a pound of "cut peel". This is a mixture of lemon zest, pineapple peel, candied apricots, orange peel and angelica.

All that is left to do is to pour the paste into a cloth and squeeze it tightly. Knot the cloth tightly and the whole thing is plunged into boiling water. After eight hours of cooking, you will have a beautiful plum pudding, deliciously black and brown, marbled with grapes and candied fruit.

The pudding can then be flambéed (covered with liquor and briefly set on fire) and accompanied by a butter sauce simple to make.

Butter Sauce

½ cup of butter at room temperature
½ cup of powdered sugar.
Mix butter and sugar. Add 1 tablespoon of cognac or brandy and 1 tablespoon of lemon zest.

