



Bringing food history alive. and theatre to your table!

Grandma Georgina's Cold Winter Pudding!



Happy New Year, darlings!

I'm thrilled to present Grandma Georgina's Cold Winter Pudding – the perfect pud to raise one's body temperature during those rather inclement days or evenings.

You see, many moons ago I inherited an exquisite culinary heirloom – a handwritten recipe book which my great great grandma Georgina started to write during the early 1900s – How intriguing! And so, following a jolly good scour through the slightly frayed discoloured pages, I stumbled across this gem of a recipe, which I wished to share exclusively with the readers of Word Gets Around Magazine.

Therefore, in my quest to 'bring food history alive' I re-created this exceedingly toothsome and frightfully British suet pudding in memory of my great great grandma Georgina - from Shepton Beauchamp, Somersetshire. But I must admit, her original recipe lacked a bit of winter flair! So, I 'jazzed' it up a tad with the addition of mixed spice, cinnamon, ginger, nutmeg, and lemon/orange zest – How spiffing!

Preparation time: 30 mins

Cooking time: 1 & 1/2 hours

Serves 6 rather chilly guests!

Ingredients

- 70g self-raising flour
- 70g plain flour
- 60g beef or vegetable suet
- 90g sultanas and raisins mixed (roughly chopped)



- 400ml whole milk
- 1 egg – lightly beaten
- 60g dark brown sugar
- zest of 1 lemon
- zest of 1 orange
- 1 heaped teaspoon mixed spice
- 1 flat 1/2 teaspoon sweet cinnamon
- 1 flat 1/2 teaspoon ginger
- 1/2 grated nutmeg
- 60g raisins (to scatter over pudding before baking)

Equipage

- oval baking tin or similar (approx. 22 cm / 8.5 inches)

Method

1. Clean hands at the ready – toot sweet! I say darlings, for glorious smooth mitts, why not try Pears soap – the desired beauty product of yesteryear!
2. Pre-heat oven to 150°C / 130°C Fan / 300° F / gas mark 2.
3. First off, sieve the flour into a large mixing bowl, then add the lightly beaten egg and milk. Whisk together to make a batter.
4. Stir in the suet, sugar, roughly chopped sultanas/raisins, mixed spice, cinnamon, ginger, grated nutmeg, and lemon/orange zest.
5. Pour into a greased baking tin.
6. Scatter with raisins.
7. Bake for approximately 1 & 1/2 hours. Cover half-way through with foil to prevent your pudding from browning too quickly.
8. After 1 & 1/4 hours test your pudding with a skewer. If it comes out clean, except for a few bobbly bits on the pointy end, then it's ready! If not, then another 10/15 minutes will suffice.
9. Darlings, when cooked sprinkle immediately with brown sugar, and serve with a splash of custard or cream – voila!

Miss Windsor x