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## Mrs Beeton's Spicy Suet Carrot Pudding!



To commemorate the 75th anniversary of the D-Day Landings (6th of June) I excitedly present this truly scrumptious, Victorian, British, suet pudding recipe. Created with the courageous "carrot" which also played an important role in winning WWII, hence their culinary contribution helped to save the British people from starvation.

**Preparation time: 1 hour**

**To steam: 1 & 1/4 hours (1-pint basin)**

**or 2 hours (2-pint basin)**

**Serves 4 to 8 guests**

### Ingredients

- 340g diced carrots
- 220g white breadcrumbs
- 120g beef or vegetable suet
- 120g white sugar
- 120g dried raisins and sultanas
- 1 medium carrot – finely grated
- 3 eggs – lightly beaten
- 1 heaped teaspoon - mixed spice
- 1 heaped teaspoon - ground ginger
- 1 heaped teaspoon - sweet cinnamon
- 1 heaped teaspoon – grated nutmeg

### Equipage

- two x 1-pint (570ml) pudding basins or one x 2-pint (just over 1.1 litres) pudding basin.

### Method

1. Boil the diced carrots until tender, then with a wooden spoon rub through a fine sieve. Put to one side.
2. Prepare the breadcrumbs and transfer to a large mixing bowl.
3. Sieve the flour over the breadcrumbs, then add all the dry ingredients, and merrily combine together with a wooden spoon.
4. Add the carrot pulp, excess carrot juice, lightly beaten eggs, and finely grated carrot. The mixture should appear nice and moist – Oh, I say!
5. Place an old saucer onto the bottom of a large saucepan (this will prevent the basin from cracking) then fill with water, about half-way up the basin, and immediately put onto boil.
6. Take two small pudding basins or an extra-large one, grease with butter and three-quarters fill with the mixture.
7. Time to prepare the basins for steaming. Cut a large piece of greaseproof paper and foil. Place the foil piece on the kitchen counter followed by the greaseproof paper on top, and lightly grease with butter.
8. Holding both pieces together, make a pleat in the centre, then gently place over the basin and mould it around the edges.
9. Using a long piece of string, tightly wrap it around a few times under the "lip" of the basin and secure with a knot or two.
10. Make a handle by threading the string from one side to the other. Repeat and secure.
11. Trim off the excess paper/foil and tuck both layers under neatly, then place the basin into the saucepan and cover with the lid.
12. Regularly top up with water, as you wouldn't want your "carrot-licious" pudding to boil dry!
13. At the 1 hour mark (1-pint basin) or 1 & 3/4 hours (2-pint basin) check if they're cooked. Insert a skewer through the foil/paper layer, and if it comes out clean it's ready, if not keep steaming for a while longer!

*Miss Windsor x*