



# Mrs Beeton's Spicy Suet Carrot Pudding!

**Preparation time: 1 hour**

**To steam: 1 & 1/4 hours (1-pint pudding basin)  
or 3 hours (2-pint pudding basin)**

**To bake: 1 & 1/4 hours**

**Serves 4 to 8 guests depending on your chosen  
pudding basin or baking vessel!**

## Ingredients

- 340g (2 & 1/4 cups) diced carrots
- 220g (4 cups) white breadcrumbs
- 120g (1 cup) beef or vegetable suet
- 120g (just over 3/4 cup) white sugar
- 120g (1 cup) 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

- To steam: two x 1-pint (570ml or 20 US fl oz) pudding basins or one x 2-pint (just over 1.1 litres or 40 US fl oz) pudding basin.
- To bake: approx. 23 cm x 18 cm (9 inch x 7 inch) baking vessel

## Method

1. If you fancy baking your pudding, then please pre-heat your oven 150°C / 130°C Fan / 300°F / gas mark 2 – Ta very muchly!
2. Darlings, now it's time to give your grubby little mitts a jolly good wash with Pears soap – the finest beauty product of Victorian England.
3. Okey dokey, boil the diced carrots until tender, then with a wooden spoon rub through a fine sieve. Put to one side.
4. Prepare the breadcrumbs and transfer to a large mixing bowl.
5. Sieve the flour over the breadcrumbs, then add all the dry ingredients, and merrily combine together with a wooden spoon.
6. Add the carrot pulp, excess carrot juice, lightly beaten eggs, and finely grated carrot. The mixture should appear nice and moist - Oh, I say!



## To Bake

1. Now, give your chosen vessel a good ol' grease with butter, then carefully spoon in the mixture and place on the middle shelf for approximately 1 & 1/4 hours. All ovens vary, therefore, after approximately 1 hour & 5 minutes check with a skewer – if it comes out clean it's ready, if not bake for further 10 minutes or so minutes.
2. Serve immediately with a splash of custard or cream.

## To Steam

1. 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.
2. Take two small pudding basins or an extra-large one, grease with butter and three-quarters fill with the mixture.
3. 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.
4. Holding both pieces together, make a pleat in the centre, then gently place over the basin and mould it around the edges.
5. 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.
6. Make a handle by threading the string from one side to the other. Repeat and secure.
7. Trim off the excess paper/foil and tuck both layers under neatly, then place the basin into the saucepan and cover with the lid.
8. Regularly top up with water, as you wouldn't want your "carrot-licious" pudding to boil dry!
9. At the 1 hour mark (1-pint basin) or 2 & 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!
10. Serve hot with lashings of custard!

*Miss Windsor x*