

## CHRISTMAS PUDDING – By the Vegan Society – Serves 6

Ah, the infamous Christmas pudding, the cake-like masterpiece made in homes around the country during the festive season! Sometimes called a figgy or plum pudding, it has its roots as far back as the early 15<sup>th</sup> century, when “plum pottage”, a savoury concoction made from meat and root vegetables, was served at the start of a meal. Then, as it is now, the “plum” in plum pudding was a generic term for any dried fruit, most commonly raisins and currants, with prunes and other added dried, preserved or candied fruit added if available. By the end of the 16<sup>th</sup> century, dried fruit was more plentiful in England and plum pudding made the shift from savoury to sweet. So, there’s a brief history of the nation’s festive delight. No time to get baking! Thanks to our friends at [The Vegan Society](#) for supply the ingredients list and the baking direction.

### Ingredients:

- 2/3 cup (85g). [plain flour](#)
- 1 tsp [ground nutmeg](#)
- 1 tsp [mixed spice](#)
- 1 tsp [cinnamon](#)
- 1/2 tsp [salt](#)
- 1/3 cup (75g) soft [brown sugar](#)
- 2/3 cup (40g) [breadcrumbs](#)
- 1/2 cup (100g) [vegan suet](#)
- ½ tsp [baking powder](#)
- 1 ½ tbsp [black treacle](#) or [orange marmalade](#)
- 6 tbsp of liquid - this can be [plant milk](#), stout, ale, sherry, brandy or rum
- zest and juice of one orange and one lemon
- 3/4 cup (100g) grated apple
- 1 3/4 cup (350g) mixed dried fruit to your taste e.g. sultanas, raisins, currants, mixed peel, cherries (optionally you can also soak the fruit in alcohol for up to a week before)
- 1/2 cup (100g) chopped dates



### Method:

Sift the flour with spices, salt and raising agent.

Add all the other ingredients and mix well to a soft dropping consistency.

Grease a 2 pint basin well and fill with the mixture leaving about 2 1/2 cm free from the top to allow for rising. Cover with greaseproof paper and aluminium foil and secure with string. Place in a saucepan and pour in boiling water halfway up the sides of the basin. Simmer gently for 5 hours, topping up the water as necessary.

Once cooked, the pudding can be kept cold until needed. It will keep for up to a month.

Steam or microwave until warmed through to serve

**Tip:** Leftovers can be sliced up and fried in leftover Brandy "butter" as fritters, or used in a Christmas pudding ice-cream.