

Bake it a Homemade Christmas

PLUM PUDDING
RECIPE



the source
BULK FOODS

PLUM PUDDING

(GLUTEN-FRIENDLY)

FROM THE SOURCE

1.1 kg The Source Australian mixed dried fruit
100g dried apricots (roughly chopped)
150g pitted prunes (roughly chopped)
1 cup soft brown sugar
1 ¼ cups Australian banana flour
2 tsp bicarbonate of soda
1 tbs ground cinnamon

1 tbs ground nutmeg
1 tbs mixed spice
4 tbs oil

EXTRA

250g butter, melted and cooled (or 250g coconut oil)
1 cup brandy (or orange juice)
½ cup 'fruits of the forest jam' (any dark berry jam will work)
4 eggs, at room temperature

METHOD

Place dried fruit, brandy, jam and spices into a bowl. Mix well. Cover and let stand overnight, stirring occasionally.

Using extra coconut oil or butter, grease a 10-cup capacity pudding basin. Refrigerate for 15 minutes. Brush with oil again then line the base of the bowl with baking paper.

Whisk eggs and 250g butter together. Add to the fruit mixture, along with the sugar, flour, 4 tbs oil and bicarbonate of soda. Stir with a wooden spoon to combine. Pour into the prepared basin.

Cut two large sheets of baking paper and brush one side with butter to stop it sticking. Make a 3cm pleat in the middle to give the pudding room to expand. Place over the top and lock down with the pudding lid or tie tightly around the outside with string, it needs to create a good seal.

Cook in either in a slow cooker or on a stove top. A slow cooker is easier as less checking is required.

SLOW COOKER

Place pudding basin into the slow cooker and fill three quarters the way up with water. Turn on high for 5 to 7 hours.

STOVE TOP

Set the basin onto an upturned saucer on the base of a large, deep saucepan and pour hot water into the saucepan so it comes one-third of the way up the side of the basin. Cover with a tight-fitting lid. Bring to the boil, then reduce to low. Keep checking water level so that it doesn't evaporate. Simmer for 5 hours or until a skewer comes out cleanly. Take care as it will be very hot.

To serve, remove from water and let stand for 30 minutes before turning out onto a platter. Alternatively, cool completely and then store, tightly wrapped in an airtight container, for up to two months in the fridge.

Note: To make individual puddings, grease cupcake pans, pour in mixture and bake at 180°C for 30 to 40 minutes.