

WHATS COOKING? TROPICAL FRUIT PUDDING



INGREDIENTS	
MUSCOVADO SUGAR	5g
MAPLE SYRUP	1 tspn
BUTTER	10g
TROPICAL DRIED FRUITS	30 g
ROASTED WALNUTS, HAZELNUTS AND ALMONDS, DICED	10g
RAISINS	20 g
RUM	1 tspn
ORANGE	1/4
ROASTED WALNUTS, HAZELNUTS AND ALMONDS, DICED	30 g
BUTTER, SOFTENED	20 g
MUSCAVADO SUGAR	10 g
MAPLE SYRUP	1 tspn
EGGS	1
SELF RAISING FLOUR	40 g
GROUND ALMONDS	20 g
GROUND CINNAMON	1/4 tspn
HOLLY, CRANBERRIES AND ICING SUGAR TO FINISH	



COOKING

- 1) SOAK THE RAISINS IN THE RUM AND BUTTER THE PUDDING MOULD
- 2) BEAT THE SUGAR, BUTTER AND MAPLE SYRUP UNTIL CREAMY
- 3) FOLD IN THE FRUITS AND NUTS, PLACE IN THE MOULD
- 4) GRATE THE ORANGE ZEST AND SQUEEZE THE JUICE, SET ASIDE
- 5) BEAT THE BUTTER, SUGAR AND MAPLE SYRUP UNTIL FLUFFY
- 6) BEAT IN THE EGG, DON'T CURDLE
- 7) FOLD IN THE FLOUR, ALMONDS, CINNAMON AND ORANGE ZEST
- 8) THEN FOLD IN THE NUTS, TROPICAL FRUITS AND RAISINS
- 9) ADD THE ORANGE JUICE TO A DROPPING CONSISTENCY
- 10) FILL THE BASIN, LEVEL, COVER WITH BUTTERED GREASEPROOF
- 11) TOP WITH SILVERFOIL AND STEAM FOR 2HRS
- 12) REST FOR 5 MINS, TURN OUT, TOP WITH HOLLY LEAVES, CRANBERRY AND DUST WITH ICING SUGAR

HOW LONG WILL IT TAKE

1 HOUR TO PREPARE AND 2 HOURS TO COOK

HOW MUCH WILL IT MAKE

2 x INDIVIDUAL TROPICAL FRUIT PUDDINGS

