

## Summer (or autumn) pudding

The well-known summer pudding uses fruits such as blackcurrants, redcurrants, strawberries and raspberries, but you can also make this pudding using autumn fruits such as plums, rhubarb, blackberries, gooseberries, pears or cooking apples.

As you need to chill the pudding for several hours, it is a good idea to make it the day before it is needed.

### Serves 4

450g (1lb) mixed fruit

3-4 slices day-old bread, crustless, cut into strips

55-115g (2-4oz) sugar (depending on the fruit)

- 1 Pre-cook the fruit. For berries and currants, simply stew or microwave gently with some sugar until the juices start to flow, but stop cooking before they stew down completely. For autumn fruits, stew them gently in a little water and sugar until they are completely cooked, adding extra water or apple juice to make sure they produce a good quantity of juice.
- 2 Line the base and sides of a dish completely with bread. If you dip each strip in the fruit juices first you won't get bald, white patches on the bread.
- 3 Using a slotted spoon, fill the bread-lined dish with fruit and then add some of the juice.
- 4 Use bread to form a top and try to fill all the gaps.
- 5 Spoon over enough of the juice to darken all the bread, retaining the rest for use when serving the dish.
- 6 Cover the pudding with a saucer that fits inside the edges of the dish and keep this pressed down by placing a heavy object such as a tin on top.
- 7 Chill overnight in the fridge.
- 8 When serving, turn out the pudding (or serve from the dish) and pour more juice over any white bread that is showing. Hand round the rest as a sauce.



Summer pudding is great with cream, yoghurt or ice cream.