



Christmas pudding with citrus & spice

 Vegetarian

READY IN



390 min.

SERVINGS



10

CALORIES



513 kcal

DESSERT

Ingredients

- ☐ 175 g raisin
- ☐ 140 g glacé cherry whole
- ☐ 50 g peel mixed
- ☐ 50 g blanched almond whole
- ☐ 1 lemon zest
- ☐ 1 medium carrots finely grated peeled
- ☐ 150 ml brandy
- ☐ 50 ml orange liqueur such as grand marnier

- ☐ 175 g muscovado sugar light
- ☐ 175 g breadcrumb fresh white
- ☐ 125 g self-raising flour
- ☐ 1 tsp spice mixed
- ☐ 0.3 tsp nutmeg grated
- ☐ 175 g butter frozen
- ☐ 2 eggs beaten
- ☐ 10 servings butter for greasing
- ☐ 1 sprig holly sprig
- ☐ 1 sprig holly to decorate

Equipment

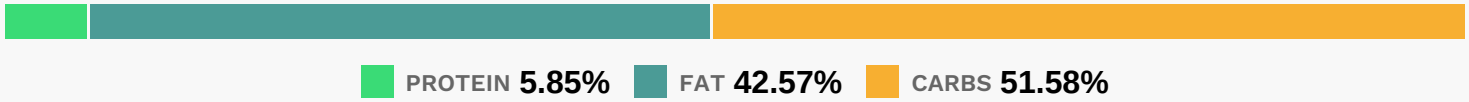
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Mix the fruit, almonds, citrus zests and the carrot with the brandy and orange liqueur in a large mixing bowl. Cover and leave to soak overnight.
- ☐ Mix all the dry ingredients together, then add to the soaked fruit mixture. Grate in the butter, then add the eggs and stir. Dont forget to make a wish!
- ☐ Grease a 1.5-litre pudding basin with butter and line the base with greaseproof paper. Spoon in the mixture, press down well and make a hollow with the back of the spoon in the centre. Cover the surface with a round of greaseproof paper, then cover the bowl with double-thickness greaseproof paper and foil and tie at the rim with string. Lower the pudding into a pan with an upturned saucer in the base, then fill with water until it comes halfway up the sides of the bowl. Steam for 6 hrs, topping up with water as necessary.
- ☐ Alternatively, steam in the oven. Stand the pudding basin in a roasting tin filled with water, then cover with a tent of foil and cook for the same length of time at 160C/fan 140C/gas

- ☐
- Check roasting tin occasionally as the water may need to be topped up.
- ☐
- To store, allow to cool, then store in a cool, dry cupboard. The pudding will keep for up to a year.
- ☐
- On the day, steam for 1 hr before turning out, decorating with holly and serving with extra-thick double cream or vanilla ice cream. Alternatively, try my Orange custard cream (below).

Nutrition Facts



Properties

Glycemic Index:34.58, Glycemic Load:9.69, Inflammation Score:-8, Nutrition Score:8.9460869405581%

Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 512.85kcal (25.64%), Fat: 22.84g (35.14%), Saturated Fat: 12.31g (76.95%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 59.23g (21.54%), Sugar: 37g (41.11%), Cholesterol: 81.11mg (27.04%), Sodium: 307.76mg (13.38%), Alcohol: 6.38g (100%), Alcohol %: 5.48% (100%), Protein: 7.07g (14.13%), Vitamin A: 1652.67IU (33.05%), Manganese: 0.42mg (20.83%), Selenium: 12.71µg (18.15%), Vitamin B1: 0.22mg (14.77%), Fiber: 3.04g (12.15%), Iron: 1.89mg (10.5%), Vitamin B2: 0.16mg (9.46%), Calcium: 91.71mg (9.17%), Phosphorus: 88.51mg (8.85%), Vitamin B3: 1.7mg (8.52%), Potassium: 281.27mg (8.04%), Folate: 31.47µg (7.87%), Copper: 0.15mg (7.7%), Vitamin B6: 0.12mg (5.89%), Magnesium: 23.12mg (5.78%), Vitamin E: 0.76mg (5.03%), Vitamin K: 4.54µg (4.33%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.39mg (3.88%), Vitamin C: 2.98mg (3.62%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.18µg (1.17%)