



Rum & raisin puddings

 Vegetarian

READY IN



85 min.

SERVINGS



9

CALORIES



839 kcal

DESSERT

Ingredients

- ☐ 200 g dates
- ☐ 225 ml milk hot
- ☐ 200 g raisins
- ☐ 100 ml rum
- ☐ 150 ml unrefined sunflower oil for greasing
- ☐ 3 eggs with a fork beaten
- ☐ 1 tsp baking soda
- ☐ 250 g self raising flour

- ☐ 175 g g muscovado sugar light soft
- ☐ 9 servings crème fraîche
- ☐ 140 g butter salted
- ☐ 140 g g muscovado sugar light soft
- ☐ 300 ml double cream
- ☐ 50 ml rum
- ☐ 50 g raisins

Equipment

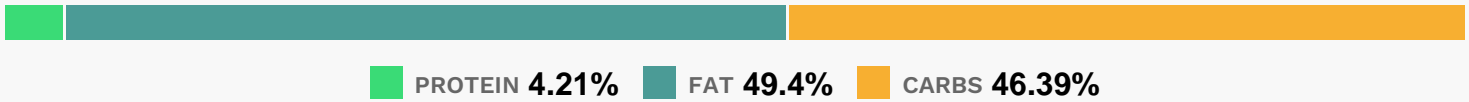
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Mix the dates with the hot milk and set aside for 20 mins.
- ☐ Mix the raisins with the rum and do the same. Grease 9 dariole or small pudding moulds and sit them in a deep roasting tin or baking dish.
- ☐ Put the kettle on.
- ☐ Whizz the dates and milk together in a food processor until you have a smooth pure, then scrape into a large bowl and mix with the oil and eggs, before stirring in the bicarbonate of soda, flour and sugar. Finally fold in the rum-soaked raisins and any rum left in the bowl. Divide between the darioles, then carefully pour boiling water into the tin or dish so it comes two-thirds to halfway up the sides of the darioles.
- ☐ Bake for 20-25 mins on a low shelf in the oven.

- ☐
- Check the puds are done with a skewer, then lift out and cool a little. For the sauce melt the butter, sugar and cream together, then turn up the heat until it bubbles and comes together into a smooth, shiny sauce. Stir in the rum and raisins and cool. Turn out the puddings from the moulds, scraping around the sides of each with a blunt cutlery knife first. Line up in a shallow baking dish and cover with cling film. Keep the puds and sauce somewhere cool for up to 24 hrs.
- ☐
- To serve spoon a little sauce and raisins over each pud, then pour the rest around (if the sauce has separated a little just gently reheat and stir back together). Cover the whole dish with a tent of foil. When the Christmas dinner is ready turn the oven down to 120C/100C fan/gas and reheat puddings for about 30–40 mins until hot.
- ☐
- Serve with crme frache.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:32.96, Inflammation Score:-6, Nutrition Score:12.273913041405%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 838.73kcal (41.94%), Fat: 45.32g (69.73%), Saturated Fat: 19.5g (121.86%), Carbohydrates: 95.77g (31.92%), Net Carbohydrates: 91.44g (33.25%), Sugar: 50.82g (56.46%), Cholesterol: 136.07mg (45.36%), Sodium: 302.01mg (13.13%), Alcohol: 5.65g (100%), Alcohol %: 2.9% (100%), Protein: 8.69g (17.37%), Vitamin E: 7.31mg (48.75%), Selenium: 18.88µg (26.97%), Vitamin A: 1080.16IU (21.6%), Manganese: 0.38mg (19.23%), Fiber: 4.33g (17.33%), Vitamin B2: 0.27mg (16.1%), Potassium: 559.11mg (15.97%), Phosphorus: 151.01mg (15.1%), Calcium: 127.57mg (12.76%), Copper: 0.22mg (10.84%), Iron: 1.75mg (9.74%), Magnesium: 36.7mg (9.17%), Vitamin B6: 0.17mg (8.57%), Vitamin B5: 0.78mg (7.75%), Vitamin D: 1.11µg (7.42%), Vitamin B1: 0.1mg (6.41%), Vitamin B12: 0.38µg (6.25%), Folate: 23.99µg (6%), Zinc: 0.8mg (5.31%), Vitamin B3: 0.99mg (4.94%), Vitamin K: 3.98µg (3.79%), Vitamin C: 1.9mg (2.3%)