



Spotted Dick

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup custard powder such as bird's brand*
- ☐ 4 large eggs
- ☐ 1 cup golden raisins
- ☐ 2.8 cups self raising flour
- ☐ 1.3 cups sugar
- ☐ 9 tablespoons butter unsalted (1 stick plus 1 tablespoon)
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ cookie cutter
- ☐ stand mixer

Directions

- ☐ Butter bowl or ramekins, then dust with flour, knocking out excess. On parchment paper, trace circle slightly larger than diameter of bowl (or 8 circles slightly larger than ramekins).
- ☐ Cut out.
- ☐ Fill large, shallow, wide saucepan with 1 inch water.
- ☐ Add flat steamer or equally sized cookie cutters to create steaming platform just above water level.
- ☐ In bowl of stand mixer fitted with paddle attachment, beat together butter and 1 1/4 cups sugar until pale and fluffy, 4 to 5 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition and scraping down sides of bowl periodically. Beat in vanilla.
- ☐ Sift flour into medium bowl. Gradually beat flour into egg mixture just until combined.
- ☐ Add 3 tablespoons milk and beat until smooth, about 30 seconds.
- ☐ Add raisins and beat just until combined.
- ☐ Transfer batter to prepared bowl or ramekins, smoothing top. Top bowl or ramekins with parchment paper circle(s), gently pressing on paper to make contact with batter.
- ☐ Over moderately high heat, bring water in steamer to simmer.

- ☐ Transfer bowl or ramekins to steamer, cover pan tightly, lower heat to moderate, and steam, adding more boiling water to pan if necessary, until pudding is set, about 2 hours for bowl or 1 hour for ramekins.
- ☐ Meanwhile, make custard sauce: In large bowl, whisk together custard powder, remaining 2 tablespoons sugar, and 2 tablespoons milk to form paste. In medium saucepan over moderate heat, bring remaining 2 cups plus 6 tablespoons milk to simmer.
- ☐ Whisking constantly, gradually add hot milk to custard paste. Return mixture to saucepan and cook, whisking constantly, until sauce thickens, 1 to 2 minutes.
- ☐ Remove from heat and keep warm.
- ☐ Transfer pudding bowl or ramekins to rack and cool 5 minutes. Run paring knife around inside rim of bowl or ramekins and invert pudding(s) onto plate(s).
- ☐ Serve warm with custard sauce.

Nutrition Facts



Properties

Glycemic Index:28.97, Glycemic Load:50.84, Inflammation Score:-4, Nutrition Score:9.5886955857277%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 519.58kcal (25.98%), Fat: 18.04g (27.76%), Saturated Fat: 10.15g (63.46%), Carbohydrates: 80.35g (26.78%), Net Carbohydrates: 78.59g (28.58%), Sugar: 45.15g (50.16%), Cholesterol: 135.88mg (45.29%), Sodium: 65.65mg (2.85%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 11.09g (22.18%), Selenium: 26.47µg (37.82%), Manganese: 0.41mg (20.44%), Phosphorus: 179.62mg (17.96%), Vitamin B2: 0.27mg (16.08%), Vitamin A: 629.7IU (12.59%), Calcium: 110.73mg (11.07%), Vitamin B12: 0.59µg (9.77%), Vitamin D: 1.41µg (9.38%), Potassium: 312.87mg (8.94%), Vitamin B5: 0.86mg (8.57%), Copper: 0.17mg (8.4%), Vitamin B6: 0.16mg (7.81%), Fiber: 1.76g (7.03%), Magnesium: 28.08mg (7.02%), Zinc: 1.02mg (6.8%), Folate: 27.14µg (6.79%), Iron: 1.18mg (6.56%), Vitamin E: 0.85mg (5.68%), Vitamin B1: 0.08mg (5.45%), Vitamin B3: 0.73mg (3.65%), Vitamin K: 2.12µg (2.02%)