



## Sticky date & raisin pudding

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

### Ingredients

- ☐ 250 g stoned date roughly chopped
- ☐ 100 g raisin
- ☐ 150 ml milk
- ☐ 150 ml brandy
- ☐ 140 g butter softened for greasing
- ☐ 50 g brown sugar soft
- ☐ 2 large eggs
- ☐ 175 g self-raising flour

- ☐ 1 tsp spice mixed
- ☐ 1 orange zest

## Equipment

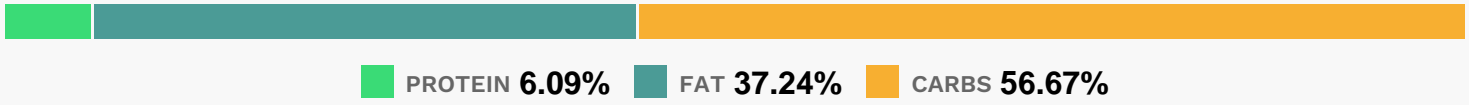
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ spatula
- ☐ skewers

## Directions

- ☐ Put the dates, raisins, milk and brandy or rum in a small saucepan and bring to the boil. Simmer for 5 mins until the fruit is soft and the liquid has been absorbed dont worry if it looks a little curdled. Leave to cool. Meanwhile, generously butter a 1.2-litre pudding basin.
- ☐ To prepare your steamer, place a snugly fitting upturned bowl or saucer in the base of a large, deep saucepan, big enough to hold your pudding basin.
- ☐ Cut out a large circle of baking parchment and one of foil, both 5cm wider than the rim of your pudding basin. Make a sharp pleat down the centre of both, then butter one side of the parchment this will be your lid. Set aside. Boil the kettle for the steamer.
- ☐ In a mixing bowl, beat the butter and sugar with an electric whisk until pale and fluffy.
- ☐ Add the eggs, beating again until well combined. Finally, add the flour, mixed spice, orange zest, date mixture and a pinch of salt, and stir everything well with a spatula until there are no visible lumps of flour. Tip the cake mixture into your pudding basin. Cover the bowl with the parchment, butter-side down and pleat on top, then the foil. Push the sides of the lid down, then tie a piece of string securely under the lip of the basin. Use any overhanging string to create a handle to help you lift the pudding.
- ☐ Stand the pudding basin on top of the upturned bowl or saucer in the saucepan and fill the pan with enough boiling water to come halfway up the side of the basin. Bring to a gentle simmer, then cover the pan with a lid and leave to steam for 2 hrs, topping up with boiling

water if the level gets low. Check the pudding is cooked by inserting a skewer into the centre. If the skewer has any uncooked mixture on it, return it to the pan to steam for another 15 mins, then check again. Once cooked, you can cover the pudding with clean baking parchment and foil and keep for up to a week. Re-steam the pudding for 1 hr before serving.

## Nutrition Facts



## Properties

Glycemic Index:35.1, Glycemic Load:26.78, Inflammation Score:-4, Nutrition Score:7.35739138852%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 429.04kcal (21.45%), Fat: 16.59g (25.52%), Saturated Fat: 9.85g (61.55%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 52.72g (19.17%), Sugar: 26.95g (29.94%), Cholesterol: 86.45mg (28.82%), Sodium: 144.3mg (6.27%), Alcohol: 6.35g (100%), Alcohol %: 5.67% (100%), Protein: 6.1g (12.21%), Selenium: 14.19µg (20.27%), Manganese: 0.34mg (16.99%), Fiber: 4.07g (16.28%), Potassium: 393.99mg (11.26%), Vitamin A: 546.67IU (10.93%), Phosphorus: 100.07mg (10.01%), Vitamin B2: 0.15mg (8.75%), Copper: 0.16mg (8.03%), Magnesium: 28.06mg (7.01%), Iron: 1.17mg (6.53%), Calcium: 63.26mg (6.33%), Vitamin B6: 0.12mg (6.16%), Vitamin B5: 0.58mg (5.84%), Folate: 20.5µg (5.13%), Vitamin B1: 0.07mg (4.51%), Vitamin E: 0.66mg (4.39%), Vitamin B3: 0.82mg (4.1%), Vitamin B12: 0.25µg (4.09%), Zinc: 0.57mg (3.83%), Vitamin C: 2.9mg (3.51%), Vitamin D: 0.46µg (3.08%), Vitamin K: 2.3µg (2.19%)