



## RECIPE OF THE MONTH



### Summer Fruits Pudding

With its origins dating back to 1868, the Summer Fruits Pudding is a favourite summer-time British dessert that requires no cooking whatsoever.

#### Ingredients:

- 300g strawberries
- 500g raspberries
- 250g blackberries
- 100g red currants
- 170g golden caster sugar
- 7-8 slices of one-day-old bread, medium sliced
- 3 tbsp water

#### Method

- Remove the stalks from the berries and hull & quarter the strawberries. Wash the fruit thoroughly and allow to dry on kitchen paper,
- Grease a 1.25 litre basin with oil and line with two layers of clingfilm, allowing some to overhang
- Place the sugar, water & fruit into a heavy based saucepan and cook on a low heat for 3-5 minutes or until the sugar dissolves and the juices bleed from the fruit. Set aside to cool
- Remove the crusts from the bread and line the basin, overlapping slightly to ensure no gaps. Gently press the bread against the side of the basin to form a mould
- Spoon the cooled fruit and half the juice into the bread-lined basin
- Cover the pudding with the remaining slices of bread then pull over the clingfilm to seal the top
- Place a small plate or saucer on the top of the pudding and place a weight of around 2kg on top. Refrigerate for at least 6 hours or overnight
- Strain the leftover fruit juice through a fine sieve and bring to the boil in a small pan before simmering for 5-10 minutes or until the juice has reduced to a light syrup. Pour into a jug and return to the fridge.
- To serve, open the clingfilm, invert the pudding on to a plate & remove all clingfilm. Drizzle the pudding with the fruit syrup and serve with lashings of fresh