

Rum & Raisin Spotted Dick



Recipe By FoodieBook

Ref: 442

Heading: Puddings

Cuisine: British & Irish

Food Type: Meat

No of Portions: 8

Ingredients & Prep

250 g self-raising flour
140 g shredded beef suet
180 ml whole milk
140 g golden raisins or normal
100 g caster sugar
120 ml dark rum
1 lemon zest only
2 tsp baking powder
1/4 tsp salt

Method

Step 1 - Place raisins in a tall jar or bowl, add dark rum & leave to marinate for an hour or so mix or shake a couple of times.

Step 2 - In a bowl place the flour, sugar, suet & baking powder, mix through, then drain any rum left in with the raisins (nice to drink) add in with the lemon zest & milk and mix all together.

Step 3 - Tip mixture in a liberally butter lined pudding basin/bowl or glass bowl, allow at least 4 cm room at the top to allow for expansion, then cut a disc of greaseproof paper the same size as the flat base of the bowl & stick down with the butter & rub more butter on the paper disc, tie a lid on the bowl, first with greaseproof paper then tin foil on top pleated, tie a length of cooking string around the top to keep it on while cooking, place a plate upside-down in the bottom of a lidded pan & pour some cold water in to about 5 cm above the plate, lower in the pudding bowl & cover with the lid. Or use a pressure cooker.

Step 4 - Cook pudding on a low heat for at least 1.5 hours, keep your eye on the water level, if too low top up with boiling water from a kettle to about half way up the bowl.

Step 5 - When cooked remove from the pan & leave for 10 mins, then remove paper/foil lid, use a sharp knife & run it around the side to loosen the pudding, place a serving bowl over the top & turn upside-down, shake, tap to remove pudding bowl.

Suggestion & Tips

Classic British pud, serve with home made custard. To make it traditional leave out the rum.