

Shake-Speare is Edward de Vere Pudding



from edevere17.com/2019/10/01/proving-my-pudding/

- 12 oz all-purpose flour, sifted
- 1 tsp bicarbonate of soda (baking soda)
- 8 oz total fat: softened butter, shortening, lard, or combination
- 6 oz white sugar
- 2 large eggs
- 6 Tbsp milk (whole is best, or even single cream)
- 2 Tbsp fruit jam or preserves
- 6 oz total: raisins, sultanas (golden raisins), or dried currants, or combination
- pinch or two of salt

1. Cream the fat and sugar together in a mixing bowl. Electric mixers are anachronistic, use a wooden spoon and your elbow.

2. Add the eggs one at a time, then the milk, mixing each addition well.

3. Stir the bicarbonate and salt into the sifted flour, then add to the wet mix. Combine well with a rubber spatula.

4. Add the jam and raisins, blending just until evenly distributed.

5. Transfer mixture to a greased basin or mold. Cover and steam for 1½ hours. See the following instructions or linked video.

- Serve warm with *crème anglaise* or hard sauce. Wilkin & Sons Brandy Butter is made not far from the castle in Tiptree, Essex – www.tiptree.com/index.php/brandy-butter-170g.html
- Serves 8-10

How to Steam a Pudding

from Mason Cash – www.masoncash.co.uk/how-to-steam-a-pudding
video version – www.youtube.com/watch?v=rx1Knv0tKG8

1. Grease the inside of the pudding basin with butter or shortening. Cut a circle of greaseproof paper to fit the base of the basin and place it inside.

2. Transfer your pudding mixture into the basin. For a sponge pudding, pour mixture carefully and level out using a spatula or the back of a spoon. This will ensure the mixture remains light and airy. For a heavier fruit-based pudding such as a Christmas pudding, pack mixture into the basin as tightly as possible to ensure there are no large air gaps in the mixture.

3. Cut a large square of aluminium foil and cut a slightly smaller square of greaseproof paper. Place the greaseproof paper on top of the aluminium foil and make a pleat by folding a crease in the centre of both the paper and the foil. This will give the pudding room to expand during cooking.



4. Place the paper-lined foil over the pudding basin and tie securely with string. Cut away any excess greaseproof paper and tuck the foil underneath. This will ensure that the pudding remains watertight.

5. Make a handle for the pudding by threading a double length of string through the string already tied around the pudding. Pull it through to the other side and secure.



6. Place the pudding into a saucepan and fill the water level to halfway up the side of the basin. As the pudding steams, the level should not drop below 1/4 way up the side.

7. Steam for several hours, or as your recipe indicates. Top up the water as necessary.

8. When the pudding is done, remove from the saucepan. Cut the string from around the bowl. Gently ease away the paper and foil. Let sit a few minutes before unmolding.