Farm and home - Some popular puddings - Colourful touches on knitteds

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HOT steamed or boiled puddings are welcome fare on the dinner table, especially on cool evenings, and they give lots of scope for variation. Puddings containing suet may be boiled or steamed, though steaming gives the lighter result, but cake mixtures should be steamed as they tend to break up if boiled.

**SUET PUDDINGS**

**General Points.**

The pudding cloth used should be made from scrupulously clean calico, dipped in boiling water, wrung tightly, then floured. This may be used to cover the basin or the suet mixture may be turned into it and, leaving room for rising, tied firmly. When the pudding is to be steamed it should be cooked in a greased basin, covered with greased paper. If steaming, remember this is slower than boiling and allow half as long again as for boiling. Whether boiling or steaming, remember that the water must be boiling when the pudding is put on to cook and must be kept boiling throughout the cooking time if the pudding is to be successful. The saucepan lid should be tight fitting. If the water is boiling away, more boiling water must be added. When the saucepan is removed from the heat the pudding should be lifted immediately and not allowed to cool down in the water.

The foundation of these puddings is ½ lb. suet to 1 lb. flour with 2 to 4 level teaspoons baking powder added, depending on the other ingredients used. The use of soft white breadcrumbs to replace some of the flour, or the addition of well-beaten eggs will make less raising agent necessary. Sometimes half S.R. flour and half plain will be used or even all S.R. flour while bicarbonate of soda (baking soda) may be used with fruit juice, treacle, or golden syrup to replace baking powder.

The suet chosen should be firm and all papery membrane removed before weighing. Beef suet is preferred to mutton suet in cooking and when chopping or grating it, use some of the measured flour to prevent sticking.

Generally the mixtures are rather stiff, but not crumbly, though more moisture may be used in puddings to be steamed than those to be boiled.

Cooking time will vary from 2 to 5 hours according to richness of the pudding and the quantity of fruit used. When a large proportion of breadcrumbs is used the pudding is better steamed.

In deciding the size of pudding you need, allow 1½ to 2 oz. flour per person.

When the recipe calls for lining a basin with suet crust (as in boiled apple pudding
and steak and kidney pudding) the following method is quick and easy. Roll the pastry to a neat round, 2in. bigger than the basin to be used. Then cut out a triangular piece which is rolled out later to make the lid.

Wet edge 1 and place edge 2 on top of it, pressing together. Lift carefully into the greased basin, pressing to make it fit smoothly. Next dampen the three points of the remaining piece and fold them in to make a round, then roll to fit the top of the basin. After the filling has been placed in the basin, moisten the edges of the lid and fix firmly on top. The pudding is then covered with a pudding cloth, prepared as explained earlier, or with greased paper.

**BASIC SUET PUDDING (WITHOUT EGGS)**

**Ingredients.**
- ½ lb. plain flour (or flour and breadcrumbs).
- ½ teaspoon salt.
- 4 oz. suet.
- 1 level teaspoon baking powder.
- 2 oz. sugar, golden syrup, honey or treacle.
- Water or milk.

**Method—**
1. Sift flour, salt, and baking powder.
2. Add finely chopped suet.
3. Add sugar (syrup, etc.).
4. Add sufficient liquid to make a stiff mixture.
5. Cook in prepared pudding cloth or greased basin, boiling 2 hours, steaming 3 hours.

This recipe can be varied in many ways as the following examples show:

**FRUIT AND TREACLE PUDDING**

**Ingredients.**
- ½ lb. plain flour (or flour and breadcrumbs).
- 4 oz. suet.
- 1 level teaspoon bicarbonate of soda.
- ½ teaspoon salt.
- 2 oz. treacle.
- ½ cup sultanas.
- 1 level teaspoon ground ginger.
- Milk.

**Method—**
As for basic suet pudding. Adding fruit at the same time as treacle.

**FRESH FRUIT PUDDING**

**Ingredients.**
- 8 oz. plain flour.
- 4 oz. suet.
- ½ teaspoon salt.
- 1 level teaspoon baking powder.
- ½ cup chopped apples.
- 2 oz. honey.
- ½ level teaspoon cinnamon or mixed spice.
- Milk or water.

**Method—**
As for basic suet pudding.

**SPICY FRUIT PUDDING**

**Ingredients.**
- 8 oz. S.R. flour (or S.R. flour and breadcrumbs).
- ½ teaspoon salt.
- 4 oz. suet.
- 3 oz. sugar.
- 6 oz. dates or mixed fruit.
- 1 teaspoon mixed spice.
- Milk.

**Method—**
As for basic suet pudding. Boil 2½-3 hours.

**SUET PUDDING (WITH EGGS)**

**Ingredients.**
- 4 oz. flour.
- 4 oz. breadcrumbs.
- 4 oz. suet.
- pinch of salt.
- 2 eggs.
- 2 to 4 oz. sugar (honey, etc.).
- ½ cup milk.

**Method—**
As for basic recipe, beating eggs well before adding them.

Any of these (or others of your own choice) may be added—
1. 4 oz. chopped dates (steam 2½ hours).
2. 4 oz. raisins, 4 oz. currants, 1 teaspoon spice. Use golden syrup. (steam 3½ hours.)
3. Golden syrup or treacle may be used instead of sugar.

4. ¾ lb. chopped apples, ½ oz. chopped lemon peel, 1 level teaspoon cinnamon (steam 2½ hours).

BOILED APPLE PUDDING

Ingredients.

Pastry—
3 oz. S.R. flour.
3 oz. breadcrumbs or plain flour.
3 oz. suet.
pinch salt.
Water to mix.

Filling—
1 lb. apples.
2 oz. sugar (or honey).
3 cloves.
2 tablespoons water.

Method—
Sift flour and salt.
Add breadcrumbs.
Add finely chopped suet.
Add sufficient water to make an elastic dough.
Roll pastry as directed in general points and line a greased basin.
Fill and cover with pastry.
Cover with greased paper.
Steam 2½–3 hours.

A USEFUL KITCHEN APRON

So often caught in the act of washing-up or peeling vegetables and having to reach hurriedly for a towel someone's just moved, I thought the following a wonderful and so very simple minute saver.

Stitched into the band at one side of an ordinary waist-apron, a strip of roller towelling, just the length of a short apron, is not only practical but colourful too. As small gifts for the “about-to-be-marrieds” you will find these aprons very popular.

COLOURFUL TOUCHES ON KNITTEDS

Everyone seems to have caught the knitting bug this winter, and brightly coloured jumpers and cardigans are very popular. To add individuality, colour and dash to a plain pullover try embroidering designs in “knitting stitch.” This is simple to do, and looks as if the pattern has been knitted as in fair-isle work.

Use squared or graph paper to plan your motif, each square representing one stitch. Use coloured pencils or dots and crosses to show your colour scheme. (*See illustration.)

The stitch used to embroider your design is worked directly over each knitted stitch. Insert the needle from the back of the
work in the centre of the stitch and draw through. *Insert needle from right to left under the two loops of the same stitch one row above and draw through, then insert needle back into original place where needle was first inserted, draw underneath the two loops still working from right to left, and out into the centre of the next stitch, completing one stitch. Repeat from *to end of graph pattern.

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