

TRUfree

Wheat
& Gluten
free

Microwaveable Christmas Pudding

Run out of time to make your Christmas pudding – don't despair, this one can be made a few days before Christmas, stored in the refrigerator and produced on the important day, and no one would know!



Serves: 8

3 hours

18 - 20 minutes

Ingredients

300g luxury mixed fruit

25g dried cranberries (cherries could be used)

Zest and juice of 1 orange 100ml + 100ml water = 200ml orange juice and water

50ml Brandy

1 small cooking apple - grated

2 Dietary Specials Rustic Rolls or 150g brown multigrain or white sliced bread – made into breadcrumbs

1 tsp mixed spice

50g dark muscovado sugar

25g hazelnuts – roughly chopped

50g blanched almonds – roughly chopped

85g suet from the butcher or cookeen (vegetable alternative) grated straight from the fridge

1 large egg – beaten

1 tbsp black treacle

Method

1. Put the dried fruit, orange zest, juice and water into a large mixing bowl, microwave on full power for 3 minutes.

2. Pour over the brandy, cover and leave to soak in a cool place for 2hrs to allow the flavours to develop.

3. Add the grated apple, breadcrumbs, mixed spice, sugar and nuts, mix together with a wooden spoon, add the suet in 3 batches and stir well after each batch, then add the egg and treacle and mix again not forgetting to make your wish!

4. Grease a 1.2litres (2pt) plastic pudding basin. Spoon the mixture into the prepared basin and level with the back of a spoon. Cover the top loosely with cling film, leaving a small hole for breathing.

Cook on medium 10 minutes, stand for 5 minutes then cook on medium for a further 8 -10 minutes, if eating immediately stand for a further 2 minutes or when cold wrap in cling and foil and store in the refrigerator for 1 – 2 weeks.

(Cooking times may vary according to the type of basin and microwave).

NB Reheating

Remove foil and clover lightly with cling, microwave on full power (850watts) for 3 minutes, allow standing for 3 minutes, and then cook on medium for 5 - 7 minutes, then stand a further minute before turning out of basin, (temperature needs to be approximately 65°C in the centre of the pudding)

The cooking time may vary according to the type of basin and microwave

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