Christmas pudding

A steamed pudding of rum-soaked dried fruit, a grated Bramley apple, breadcrumbs and ground almonds, with rum cream.

Makes
1 pudding, each for 6 to 8 people

Preparation
overnight

Cooking time
4 hours

Ideally the fruit soaks from the day before. The pudding is steamed again for about 2 hours before it is served.

Kind
Puddings

From
United Kingdom, England

Source
Steamed Christmas pudding, Edd Kimber, BBC Food; from Saturday Kitchen Best Bites, BBC One, 2022

Allergens

Contains

wheat (gluten): self-raising flour, soft breadcrumbs
milk: butter, double cream
egg: eggs
tree nuts (almonds): ground almonds

Check the label for

barley (gluten): soft breadcrumbs
soya: soft breadcrumbs
sesame: soft breadcrumbs
sulphites: raisins, sultanas, currants, prunes, dried dates, mixed peel

Suits vegetarians. Contains alcohol.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

For the pudding

- [ ] 100 g raisins
- [ ] 100 g sultanas
- [ ] 100 g currants
- [ ] 100 g prunes, diced
  the soft, ready-to-eat kind
- [ ] 50 g dried dates, diced
- [ ] 50 g mixed peel
- [ ] 75 ml dark rum
- [ ] 1 orange, zest and juice
  a large one
- [ ] 1 cooking apple, cored and grated
  a Bramley's Seedling
- [ ] 120 g light muscovado sugar
- [ ] 75 g butter, unsalted, softened
  and a little more for greasing
- [ ] 2 eggs, large
- [ ] 100 g self-raising flour
- [ ] 1 teaspoon mixed spice
- [ ] 1 teaspoon ground cinnamon
- [ ] ½ teaspoon ground nutmeg
- [ ] 100 g soft breadcrumbs
  made from fresh bread
- [ ] 50 g ground almonds

For the rum cream

- [ ] 500 ml double cream
- [ ] 50 ml dark rum
- [ ] 50 g light brown soft sugar
- [ ] ½ teaspoon vanilla bean paste

- [ ] 1 pinch salt

You will need

- a large bowl
- a pudding basin that holds 1.2 litres, for each pudding
- baking paper, kitchen foil and string
- a large saucepan with a lid, and a small plate
- a whisk, for the cream

Method

The day before, if you can

1. [ ] In a large bowl, stir the raisins, sultanas, currants, prunes, dried dates and mixed peel together with the dark rum and the zest and juice of the orange.
2. [ ] Cover it and let the fruit stand overnight, so that it soaks up the rum and juice.

The pudding

3. [ ] Add the cooking apple, light muscovado sugar, butter, eggs, self-raising flour, mixed spice, ground cinnamon, ground nutmeg, soft breadcrumbs and ground almonds to the fruit, and mix everything until it is like a batter.
4. [ ] Butter the inside of the basin lightly and put a circle of baking paper in its base. Spoon in the mixture and smooth it flat.
5. [ ] Make a lid of baking paper with foil over it, pleated across the middle to leave the pudding room to rise, and tie it firmly under the rim of the basin with string.

Steaming

6. [ ] Stand the basin on an upturned small plate in a large saucepan, and add hot water to half its height.
7. [ ] With the pan covered, keep the water at a simmer for 4 hours, topping it up from the kettle as it boils away.
8. [ ] Lift the basin out with care and leave the pudding to cool completely. Take off the paper and foil and cover it again with fresh ones.
9. [ ] Keep the pudding in a cool, dark place until Christmas.

On the day

10. [ ] On the day, steam it once more as before, about 2 hours, until it is piping hot.
11. [ ] For the rum cream, whisk the double cream in a bowl with the dark rum, the light brown soft sugar, the vanilla bean paste and the salt until soft peaks form. Serve the cream with the pudding.

The apples

The recipe followed asks for one Bramley apple, cored and grated; it does not say to peel it.[1] Eliza Acton's "The Author's Christmas Pudding" of 1845 has four ounces of minced apples and names no variety.[4]

Varieties the sources name:

Bramley's Seedling (United Kingdom)

This recipe

It follows Steamed Christmas pudding. The source uses metric measures; the US amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source asks for free-range eggs. It gives its yield as serving 6 to 8; we count one pudding, for 6 to 8 people, so that the basin stays the right size when the recipe is scaled. The American amounts are our conversions. The steps are in our own words.

How the recipes are chosen and converted

Sources

1. Steamed Christmas pudding (https://www.bbc.co.uk/food/recipes/steamed_christmas_98167), Edd Kimber, BBC Food; from Saturday Kitchen Best Bites, BBC One, 2022.
2. The Great Plum Pudding 'Bake'-Off (https://university-collections.wp.st-andrews.ac.uk/2017/12/21/the-great-plum-pudding-bake-off/), Elizabeth Henderson, Rare Books Librarian; University Collections blog, University of St Andrews, 21 December 2017.
3. The Book of Household Management (https://www.gutenberg.org/ebooks/10136), Isabella Beeton; published by S. O. Beeton; Project Gutenberg, 1861.
4. Modern Cookery, in All Its Branches (fourth edition) (https://archive.org/details/b21531870), Eliza Acton; Longman, Brown, Green and Longmans, London; the University of Leeds Library copy at the Internet Archive, 1845.
5. First Woman Eliza Acton, writer of the first cook book aimed at the home cook (https://brightonmuseums.org.uk/discovery/history-stories/first-woman-eliza-acton-writer-of-the-first-cook-book-aimed-at-the-home-cook/), Louise Peskett, Brighton & Hove Museums, 25 February 2020.
6. Sketches by Boz (https://www.gutenberg.org/ebooks/882), Charles Dickens; Project Gutenberg, 1836.
7. How do Britons celebrate Christmas? (https://yougov.com/en-gb/articles/48208-how-do-britons-celebrate-christmas), Matthew Smith, YouGov, 19 December 2023.

From The World of Apples, apple.io/recipes/christmas-pudding/