



# Prahran Osteopathic Clinic

## GRANDMA'S FAMOUS XMAS PLUM PUDDING

### INGREDIENTS

- **1kg pkt of mixed fruit**, I take out Glacé cherries
- **2 peeled cooking apples**, I buy granny smith
- **250gm grated butter**, I put in deep freezer as easier to grate
- **5 cups white bread crumbs**
- **1 ½ cups white sugar**
- **6 eggs**
- **1 teaspoon white Self raising flour** (weird I know)
- **1 teaspoon ground cloves**
- **1 teaspoon cinnamon**
- **1 good pinch salt**
- **½ cup brandy**

### METHOD

1. Place breadcrumbs in a large bowl.
2. Add sifted flour, spices and shredded butter add fruit and sugar.
3. In a separate bowl beat eggs into a froth and add brandy.
4. Add egg/brandy to the large bowl and mix all ingredients thoroughly. Use your hands.
5. Prepare a pudding basin by buttering it and spoon mixture into basin. Also add water to a pot on the stove so your pudding can be placed into it. Remember the water level must not come up more than ¾ up the basin.
6. Put the butter packet on top of the mixture and cover with greaseproof paper – I use 2 sheets – and then cover with calico.
7. Tie this securely with string

### COOKING

- Place pudding into boiling water and boil for 6 hours.
- Top pot with boiling water if need to.
- Please note that this recipe DOES NOT like water so it is very important that you do not have water boiling into the pudding at any time.
- After the 6 hours take the pudding out of the water immediately and remove string and cloth but not the butter paper.
- When the pudding has cooled pierce some holes into it and add a little brandy by for good luck – this is optional

### HEATING ON THE DAY

- Boil for 2 – 2 ½ hours the day the pudding is to be served.
- Ensure you have fresh greaseproof paper on pudding and cloth.
- Don't forget to tie securely and please no water in the pudding
- Place the pudding into boiling water and top with boiling water ¾ up the basin.
- When you are re topping ensure you put the water down the outside of the bowl as water will get in if you pour water over the top.
- Once time up take out of pot and leave for 30 minutes. Taking off cloth and papers. This helps the pudding to form.
- Don't forget to add a little brandy to a pot heat, pour over pudding and light a match.
- Serve with brandy custard and/or ice cream.

Every Xmas my Grandma would make this beautiful Xmas pudding and every Xmas she would have saved a bit from the year before and bring it out being very proud of the fact that it had lasted 12 months, it is super moist.

Thanks for sharing your pudding passion Grandma. It was really beautiful and so here it is for your enjoyment. Not that healthy but authentically from my family lineage.

This is my Grandma's recipe so some things that are done I am not quite sure the logic of, but this is how she made it and so this is how my mother always makes it too – it feels nicer to maintain the integrity of her recipe to the last cherry. We always do a double burn of brandy on the night as this is meant to bring good luck.

If water does get into the pudding it will fall apart. It will still taste great but you will be lighting a pile of pudding rather than a well formed one.

It has been tried in cloth but water gets into it this way so ONLY cook this in a pudding bowl.

So if you do make this recipe I am sure you will love it as all of my family members have.



Dr Mike Rowan (Osteopath)



Is the Total Health Osteo

