



Black cap pudding. This is a light sponge pudding with a thick layer of black currant jam in the bottom. When the pudding is turned out the jam spreads all round the outside surface.

or syrup is available, drinks can be made from jam or jelly as follows:—

1. Pour $\frac{1}{2}$ pint of boiling water on to 1 tablespoon of black currant jelly or jam and stir until the jam or jelly is dissolved. If jam is used, the drink must be strained. The drink can be used either hot or cold.

2. Place a heaped tablespoon of jam, 2 teaspoons of honey, and the grated rind of half a lemon in a jug and mix well with a wooden spoon. Pour into this a breakfast cup of boiling water. Allow the mixture to stand for 15 minutes, strain, bring to boiling point, add the juice of 1 lemon, and serve.

Black Currant Toffee

- 1 level tablespoon of butter
- $\frac{1}{2}$ lb. of brown sugar
- 1 dessertspoon of water
- 1 tablespoon of black currant jelly

Melt the butter in a saucepan over gentle heat, add the sugar and water, and let it boil gently until the sugar has dissolved. Stir in the black currant jelly and boil until a little toffee tested in water is brittle. Pour the toffee into a shallow, well-greased

baking tin and let it cool. When it has set but before it becomes hard mark it into squares. Break it when cold.

Black Currant Desserts

St. Ives Pudding

- 8oz. of flour
- 2 tablespoons of milk
- 2 level teaspoons of baking powder
- 2oz. of dripping
- 1oz. of sugar
- $\frac{1}{2}$ level teaspoon of salt
- 1 heaped tablespoon of black currant jam
- 1 egg
- Grated rind of $\frac{1}{2}$ lemon

(4 to 6 servings)

Rub the dripping into the flour and add the salt and baking powder and the lemon rind finely grated. Mix these well together. Beat the egg, add the milk, and mix the other ingredients with this liquid. Put the jam in the basin. Place the mixture on top (it should not be more than two-thirds fill the basin), cover, and steam for 3 hours. Serve with lemon sauce.

Lemon Sauce

- $\frac{1}{2}$ pint of milk
- 1 level teaspoon of cornflour
- 1oz. of sugar
- 1 egg
- Rind and juice of 1 lemon

Mix the cornflour to a thin paste with a little of the milk. Boil the rest of the milk in the upper portion of a double boiler. Combine the hot milk gradually with the cornflour mixture, return it to the saucepan, and boil for 5 minutes, stirring all the time. Remove it from the heat and stir in the sugar, finely grated lemon rind, and juice. Cool this mixture a little and stir in the yolk of the egg well beaten and then the white whipped stiffly. Stir these over boiling water for 2 to 3 minutes, but do not let the mixture reach boiling point.

Black Cap Pudding

- 2 eggs
- 4oz. of sugar
- 4oz. of flour
- 4oz. of butter
- $\frac{1}{2}$ teaspoon of baking powder
- 2 tablespoons of black currant jam

Cream the butter, add the sugar, and beat them together until light and creamy. Add the well-beaten eggs and lightly stir in the flour sifted with the baking powder. Butter and flour a pudding basin and put the jam on the bottom. Pour in the sponge mixture, cover with buttered paper,