

The Home

By Maureen

At this time of the year, when eggs are scarce and dear, a difficulty in the way of making puddings presents itself in most households, consequently a few recipes for making light and wholesome puddings without eggs should prove acceptable. In winter the most nutritious kinds of puddings that can be made are suet ones, provided a little trouble is taken to prevent them from being sodden and heavy. If the following recipes are carried out and the puddings steamed, they will turn out light and nourishing. Where the housewife has not a steamer, an ordinary saucepan makes a good substitute. The boiling water must reach only half way up the basin, and must never boil up over the top, or the pudding will be sodden. If, on the contrary, the water is allowed to evaporate, the pudding will be burned. To avoid this have a kettle of boiling water at hand with which to replenish the water in the saucepan as it boils away. Another thing to note when steaming is to have the pudding covered on top with a round of buttered paper, which is preferable to a close-fitting lid, as it allows moisture to escape instead of settling down into the pudding and making it heavy. Attention to these details in steaming will prevent the annoyance and worry consequent on your pudding being a failure.

German Pudding.

Take $\frac{1}{2}$ lb of suet, $\frac{1}{4}$ lb of jam, $\frac{1}{2}$ lb of flour, salt-spoon of salt, 1 teaspoonful of soda in $\frac{3}{4}$ -cup of milk. Chop up suet finely, mix with jam, add flour and salt, and lastly milk with soda added. Mix well and lightly, pour into buttered mould or basin, and put buttered paper on top and steam for three hours. Serve with sauce. This is an exceedingly simple, light, and wholesome pudding.

Carrot Pudding.

Take a cupful each of sugar, breadcrumbs, flour, nut-ton suet, sultanas, milk, 1 grated carrot, and half a teaspoonful of soda. Mix all the dry ingredients, add milk with soda in, pour into well greased mould or basin, and steam for three hours. Serve with sauce.

Californian Pudding.

Take 2 cups of flour, 1 cup of sugar, 1 cup of currants, 1 cup of raisins, 1 teaspoonful of mixed spice, and a small piece of lemon peel. Put all the dry ingredients together in mixing dish, then dissolve 1 teaspoonful of soda in a cup of cold water, and two tablespoonfuls of dripping in a cup of boiling water, pour the liquid into the dry ingredients, mix all well together, and let stand all night. Pour into pudding basin, put buttered paper on top, and steam for three

hours. Serve with sweet sauce, flavored to taste. This pudding is quite equal to one made with eggs, but must always be prepared the night before.

Sago Plum Pudding.

Take 4 tablespoonfuls of sago, $\frac{1}{2}$ cup of sugar, 1 cup breadcrumbs, 1 cup of raisins, 1 cup of milk, or milk and water, 2 tablespoonfuls butter, 1 small teaspoonful of soda. Soak the sago in milk the night before. Add sago and butter to dry ingredients, mix soda in a little milk and add. Mix all well together, pour into a well greased basin, put buttered paper on top, and steam for three hours. Serve with sweet sauce. This is a very good pudding and well worth trying.

When eggs are plentiful the following pudding makes a nice change. Half a cup of sugar, 2 tablespoonfuls of butter, 2 eggs, $\frac{1}{2}$ cup milk, small teaspoonful soda, cup of flour, 2 tablespoonfuls raspberry jam. Beat butter and sugar to a cream, beat in eggs, add milk with soda dissolved in it, and then flour. When all are well and lightly mixed add jam. Pour into greased basin, cover with buttered paper, steam for $2\frac{1}{2}$ hours; serve with sweet or jam sauce.

Danish Cream.

Pour a quart of boiling water on four tablespoonfuls of raspberry or strawberry jam, and stir well. Mix four tablespoonfuls of cornflour to a smooth paste with a little water. Add together and bring to a boil. Turn into a wet mould and serve with cream.

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