STIR-UP SUNDAY · LAST SUNDAY BEFORE ADVENT

Stir-up Sunday Christmas puddings

Prep 25 min **Cook** 2 hr **Soak** 1 hr **Total** 3 hr 25 min **Makes** 6 small puddings **Level** Medium

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. Boiling water and steam can burn: a grown-up handles the water bath and the hot ramekins. A coin in a pudding is a choking hazard, so leave it out, or set one on top and remove it before serving.

ALLERGY INFORMATION

Contains wheat (gluten), milk, and egg. Custard adds milk and egg. Check dried fruit labels for nuts and sulfites. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 2 cups (300 g) mixed dried fruit (raisins, currants, cranberries)
- ⅓ cup (80 ml) orange juice or apple juice
- Finely grated zest of 1 orange
- ½ cup (115 g) butter, softened, plus more for the ramekins
- ½ cup (100 g) packed dark brown sugar
- 2 large eggs
- 1 tbsp molasses or black treacle
- ½ cup (65 g) all-purpose flour
- ¾ tsp baking powder
- 1 cup (50 g) fresh white breadcrumbs
- 1½ tsp pumpkin pie spice or mixed spice
- ¼ tsp salt
- 1 small apple, peeled and grated

METHOD

1. Stir the dried fruit, juice, and orange zest together in a bowl. Cover and let it soak for at least 1 hour, or overnight in the fridge.
2. Heat the oven to 325°F (160°C) and boil a kettle of water. Butter six 1-cup (250 ml) ramekins or small basins and line each bottom with a circle of parchment.
3. Beat the butter and brown sugar until creamy. Beat in the eggs one at a time, then the molasses (a curdled look is fine).
4. Stir in the flour, baking powder, breadcrumbs, spice, and salt, then the soaked fruit with its juice and the grated apple. Now everyone takes a turn stirring, from east to west, and makes a wish or a quiet prayer.
5. Fill the ramekins three-quarters full. Cover each with parchment, then foil, pleated across the middle so the pudding can rise, and press the foil tight around the rim.
6. Set the ramekins in a roasting pan in the oven, and a grown-up pours in boiling water halfway up their sides. Bake 1¾ to 2 hours, topping up the water if needed, until a skewer in the center comes out with no wet batter.
7. Let them stand 10 minutes, then run a knife around the edge and turn each pudding out. Serve warm with custard or cream, or cool, wrap, and freeze.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Measure the dried fruit and pour in the juice
- Count the 13 ingredients, for Jesus and the Apostles
- Take a turn stirring from east to west and make a wish
- Butter the ramekins and spoon in the batter

GOOD TO KNOW

- With no brandy, the puddings keep 1 week in the fridge or 3 months in the freezer. Thaw overnight before Christmas.
- To serve, warm each pudding, covered, in the microwave for about 1 minute.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Stir up our hearts, O Lord, to make ready for the coming of your Son.