

Jam Roll

Nursery Food at its Most Comforting

Ingredients

To feed 4-6 you will need:

- one quantity of suet crust
- jam of any variety that takes your fancy

Preparation

Place your suet crust on a lightly floured board and roll out into a strip 20cm (8in) wide and about 5mm (1.4 in) thick.

Spread generously with the jam of your choice, leaving a 1.5cm (3/4 in) edge around the pastry.

Moisten the edge with water and roll up the pudding, pressing the edges firmly together.

Now you have a choice of baking, boiling or steaming your Jam Roll:

Bake

Place the jam roll onto a greased baking sheet and bake in a medium oven (200°C / 400°F / gas 6) for 45 minutes to one hour

Boil

Alternatively, wrap the roll in greaseproof paper and tie loosely in a cloth, before immersing in it in a large pan and boiling for one and a half hours.

Steam

Or finally, wrap the roll in greaseproof paper and tie loosely in a cloth before steaming it for two and a half hours.

Which ever you choose, the end result is delicious. Just unwrap and serve with custard. (Or more jam - if your little ones have a very sweet tooth!)



Recipe 5

Basic Recipe for Suet Crust

This quantity of suet crust pastry is enough to make a 15cm / 6in pudding, which will feed four people.

- 225g / 8oz flour
- 75-100g / 3-4 oz suet
- 2 tsp baking powder (omit if using self-raising flour)
- 1 tsp salt
- cold water

If using block suet, remove skin and shred finely. If using packet suet, weigh out quantity required and follow instructions on the packet.

Sieve flour, baking powder (if using) and salt together and add the suet.

Mix with cold water to a soft, but not sticky dough.

Turn out onto a lightly floured board and roll out as required.