

# Spotted Dick

## A Pudding As English as Custard



### ***Pudding Ingredients***

Spotted Dick is a very basic suet pudding, commonly steamed in a cloth or [pudding sleeve](#) rather than a pudding basin. The only variation seems to be in the quantity and mix of dried fruit used.

Currants and raisins are most common, but I've also seen a Spotted Dick recipe mentioning dried apricots. And in my husband's family, the pudding was often made with dates.

As with many traditional English recipes, it seems that you can please yourself without doing harm to the finished dish!

To get you started, here's a recipe that should feed four people comfortably:

- 1 quantity suet crust pastry
- 150g (6oz) dried fruit of your choice
- 3 tbsp orange or lemon juice
- a little freshly grated lemon or orange rind

## Recipe 6

### **Preparation**

Soak your dried fruit and grated lemon or orange rind in the juice until the juice is gone and the fruit are plump.

If you're using dates or apricots or prunes or any other large-ish fruit, chop them thoroughly.

Roll out your pastry into a rough rectangle and spread one third of the dried fruit over the surface.

Fold the pastry in half and roll out again to the previous size. Add the second third of dried fruit. Fold and roll again. Add the last third of fruit and repeat once more.

Then roll up the pastry into a long sausage shape.

Butter a sheet of grease-proof paper, place the pastry on it and wrap loosely, leaving space for the pudding to expand a little.

Wrap next into a muslin cloth - or check out the fantastic piece of kitchen equipment that I've just found below - before placing the whole into a steamer and steam over simmering water for about one hour.

Unwrap and serve with custard!

### **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.

## Recipe 6