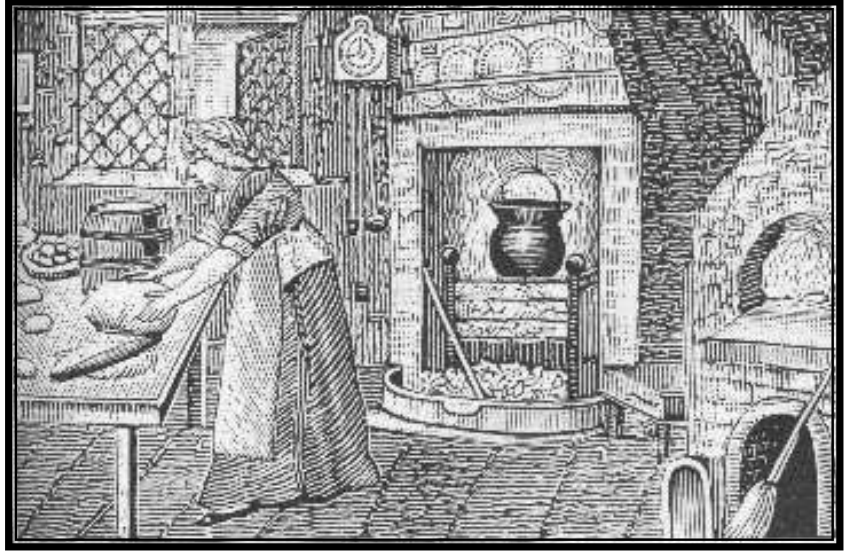




The Olde Scots Kitchin



Cloutie Dumpling

Ingredients

115g (4oz) wholemeal flour
170g (6oz) fine brown breadcrumbs
115g (4oz) beef suet, finely chopped (butter may be substituted)
1 teaspoon baking powder
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ground nutmeg
1 teaspoon ground cumin
115g (4oz) sultanas
115g (4oz) currants
2 tablespoons black treacle
2 eggs
1 large cooking apple
Juice and zest of one lemon
Fresh orange juice to mix
A square of cotton or linen cloth, about 22 inches square

Directions

Boil the cloth for a few minutes and then spread it out on a table (use tongs etc. to prevent burning yourself). quickly sprinkle with about a tablespoonful of wholemeal flour and toss the flour to coat the main centre of the cloth quite thickly. Stir the treacle into the eggs and then place into a bowl with all the other ingredients and mix to a stiff consistency with a little water. Place in the centre of the cloth. Bring up the edges and tie with a string, leaving a little space for expansion due to the inclusion of the baking powder. Hold the tied ends and pat the cloth into a round shape.

Place the pudding into a pot of boiling water, which should come halfway up the side. Cover and simmer gently for 4 hours. Occasionally check and top up the water if necessary. Once the pudding is cooked plunge it into cold water for about one minute to release it from the cloth. Remove the pudding to a bowl and untie, cover with a plate and reverse it. Peel off the cloth and place the pudding into a hot oven to dry off the skin.

Serve hot with any accompaniment you like (custard, brandy butter etc.). Any left-over Cloutie dumpling may be sliced and fried, alternatively wrap in foil and re-heat in an oven (if re-heating in a microwave oven do not wrap in foil).

Serves 8-10