

19th March 2021



TREACLE PUDDING

PREPARATION TIME:

Less than 30 mins

COOKING TIME:

Over 2 Hours

SERVES:

6

A simple steamed syrup sponge, treacle pudding is guaranteed to please. Steam traditionally or microwave in 5 minutes.

METHOD

Grease a 1litre/1¾ pints pudding basin with butter. Put the golden syrup in to the bottom of the basin.

In a separate bowl, using an electric hand whisk, mix the flour, baking powder, butter, eggs, sugar and treacle until well combined.

Pour the mixture into the basin and cover with a piece of greaseproof paper.

Take a piece of tin foil and make a pleat down the middle, then place this over the top of pudding basin and tie it in place like a lid. The pleat allows the foil to expand during cooking.

Place an upturned saucer or a ramekin in a deep saucepan and sit the pudding on top. Add boiling water until it comes half-way up the basin. Place a lid on the pan and simmer gently to steam the pudding for about 2¾ hours, topping up the water as necessary.

To check if the pudding is cooked, insert a metal skewer into the pudding. If it comes out clean it is ready.

Carefully remove the pudding from the pan. Loosen the edges by running a table knife around the pudding and turn out onto a plate.

INGREDIENTS

180g/6oz unsalted butter, softened, plus extra for greasing

3 tbsp golden syrup

180g/6oz plain flour

3 tsp baking powder

3 free-range eggs

180g/6oz demerara sugar

1 tbsp black treacle