



A LONG ESTABLISHED FAMILY FIRM

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THE WORLD'S FINEST RANGE COOKERS

Steamed Syrup Sponge Pudding

Ingredients

- 175g Soft unsalted butter
- 175g Self-raising flour
- 125g Golden caster sugar
- 100g Golden syrup
- 1 Lemon (unwaxed), zest only
- 3 Large eggs, lightly beaten.

Method

- Grease a one litre (2 pint) pudding basin with butter and put 50g of the syrup in the bottom.
- Beat the remaining 50g golden syrup, butter, sugar and lemon zest with an electric whisk until light and fluffy. Whisk in half of the eggs followed by half of the flour, then the remaining eggs and flour. The mixture should be a just dropping consistency. (Add a splash of milk if the mixture is very thick.)
- Spoon the mixture in to the pudding basin and smooth the surface.
- Cover the top of the basin with greaseproof paper and foil (fold over in the middle to create a pleat – to allow for expansion as the pudding cooks) and tie with string to seal. Don't forget to create a handle from either string or foil/baking paper so you can lift out the basin once it's cooked.)
- Place an upturned saucer (or something similar to keep the pudding off the bottom of the pan) in the bottom of a large saucepan (or casserole – anything that will accommodate the pudding basin and still allow you to put its lid on) followed by the pudding. Pour in a couple of inches of boiling water around the basin and put the lid on the pan.
- Bring to the boil on the boiling plate and then transfer to the **AGA Simmering oven** (or **Everhot lower oven set at 110-120°C**) for around one and three-quarter hours ('ish' – the Simmering / slow-cooking oven is very friendly and an extra hour is be fine if you forget!)
- Ideal served (we like it partially submerged!) with custard.