

ANCESTRAL CHRISTMAS PUDDINGS *for modern kitchens*



BROUGHT TO YOU BY THE EDITORS
AT ANCESTRAL KITCHEN PODCAST

O H , A W O N D E R F U L P U D D I N G !

The fragrant, delectable Christmas pudding has been a point of reverence throughout Western literature for many years. Where did the Christmas pudding come from, and is it still made today? Many Americans have never seen a Christmas pudding, much less attempted making one - after the confusing fashion of so many Queen's English-to-American words, an American pudding doesn't even mean the same thing!

In this booklet, we will share with you some of what we discovered in our journey to the perfect ancestral Christmas pudding, our favorite recipes and strategies, and a little on the history and lore of the great Christmas pudding.

Many thanks to the patrons of Ancestral Kitchen Podcast who help us bring these delectable treats to your table! For an additional private podcast as well as more printable downloads like this, go check out patreon.com/ancestralkitchenpodcast and join as a podcast patron today.

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There is a companion spreadsheet as well as a 13-page notes document for this ebook available for download for supporters of the podcast! In this spreadsheet, Francine has sorted and arranged the various different ingredients and categories of Christmas puddings. This spreadsheet will be very useful for creating your own custom pudding recipe. Visit us at www.ancestralkitchenpodcast.com to find out how to become a supporter of the podcast and enjoy that download, as well as many additional delightful downloads available to supporters!

A COLLECTION OF CHRISTMAS PUDDING INGREDIENTS

by Francine Gosden

Christmas pudding has its roots far back in medieval English sausages. Records of spices, seasonings, ground or minced meat and fruit, and fat stuffed into an animal stomach are found as far back as the 15th century. The invention of using a cloth to hold the pudding eliminated the need to have a handy animal stomach lying around and is possibly a more appealing method for modern cooks.

Modern puddings are popularly sweet, featuring the dried fruit which became more common in England after the 16th century, sweeteners like sugar and raisins, and varieties of spices.

Basic components of Christmas pudding – containing suet, raisins, currents, candied citrus peel, eggs, breadcrumbs, flour, nutmeg, cloves, allspice and alcohol.

Fat of some kind – Suet is more traditional and lends itself to a longer boiling time (4 - 8 hours), creating a lighter, fluffier pudding. Butter is also commonly used but generally only boiled for up to 4 hours. Suet is a better choice if boiling in a cloth, where butter is better suited for a mould or pudding basin. The length of boiling time will alter the pudding's colour, becoming darker and richer the longer it is boiled. Coconut oil is also an option for vegan recipes.

Dried fruit – This makes the bulk of the pudding. Raisins, sultanas and currants are the traditional choices; these can be substituted for any dried fruit. Popular substitutes are apricots, cranberries, mango, pineapple, cherries, etc. Citrus peel is common but can be left out, and zest and juice are often included.

Spices – nutmeg, cloves, allspice, mixed spice and cinnamon – the combinations and quantities vary considerably and seem only to be dictated by taste.

Binders – flour, breadcrumbs, eggs. These hold everything together – there seems to be no hard and fast rule about ratios or quantiles or the type of flour/breadcrumbs. Almond flour is quite common in gluten free recipes; rice and oats are used in other gluten free recipes. Common egg substitutes include aquafaba at 1 whole egg:3 tbs aquafaba and is said to provide the best results; however, the English Heritage recipe omits the egg entirely.

Sweetener – Sugar dark or light brown, molasses, treacle or omit. Some recipes call for an apple which would add sweetness.

Alcohol - Alcohol mainly acts as a preservative both in the marinating of the fruit and regular soaking after the first boiling. This allows the pudding to be kept in a cool location for extended periods. Traditionally brandy or cognac and occasionally whisky but whatever spirit is to your taste could be used. Rum or malibu are popular choices when using tropical fruit mixes. Alcohol can be omitted but the storage time would be shorter and need to be in the refrigerator.

The Alcohol is usually used to soak the dried fruit prior to mixing in the other ingredients commonly overnight but can be until the fruit is rehydrated– you can either use a specified quantity or keep adding a little more to the fruit mix over the course of a few days. There is also a call in some recipes to periodically add a regular tot of alcohol to the cooked pudding while it is resting between the first and second boiling.

For more on the [history of pudding ingredients, go here](#)

HISTORY OF THE PUDDING

by Francine Gosden

- A pudding of almonds, wine, raisins, figs, ginger and honey was described as Fygey in the 1392 'Forme of Cury' – in the footnote it was clarified that it was so named because of the figs. The Forme of Cury was compiled by the master cooks of King Richard II and later published and presented to Queen Elizabeth by Edward Lord Stafford.
- Pudding and beef were a staple of celebratory dinners for a large part of English history.
- First mention of puddings part of Christmas tradition is 1515 in Thomas Tusser poem 'Christmas Cheer'. Other early mentions with pudding part of the Christmas fare in A Voyage to Virginia 1649 and 1675 onboard HMS Assistance where it was described as a 'plumb-pudding'. This is the first written reference that associates 'plum pudding' with Christmas even though it is likely all these were savory dishes.
- Other early mentions of pudding/pottage at Christmas in 1728 receipt in "The Country Housewife and Lady's Director" again savory
- Often nicknamed 'the Pudding King' there appears to be no contemporary or other historical source linking Charles I with Christmas puddings with references limited to 20th century authors whose writings lack relevant citations.
- First plum pudding as a sweet / desert recipe (that I could find) is in 1801 'The Art of Cookery Made Easy and Refined' by John Mollard – I
- In 1804 an additional ration of beef, suet and raisins were issued to each person of the Civil and Military Establishment in Australia
- Similar recipes can be found in the 1819 'Modern Domestic Cookery' by Elizabeth Hammond and again in 1845 by Eliza Acton's 'Modern Cookery' and 'A shilling Cookery for the People' by Alexis Soyer.
- By Christmas of 1831 merchants in Australia were promoting sales of all the requisite ingredients of Christmas puddings
- The recipe of Queen Victoria's Christmas pudding was published in 1846 by Chales Eleme Fancatelli (Queen Victoria's chef 1840-42)
- By mid 1800's cemented as a sweet desert served at Christmas dinner containing suet, raisins, currents, candied citrus peel, eggs, breadcrumbs, flour, nutmeg, cloves, allspice and alcohol (plenty of!).
 - Plums - dried grapes – plums when used in a dish, raisins when loose and eaten uncooked (1775 and 1884)

- A tradition of making the pudding mixture on the fifth Sunday before Christmas became known as Stir up Sunday due to the 'collect' (opening prayer) read in church on that day.
 - From what I can discover in the Catholic Church it is the first Sunday of Advent in the Anglican it is the Sunday before the start of Advent. While there are differences in the words of the prayers in both faiths the prayer starts the same 'Stir up...'
- Another tradition of putting trinkets and silver coins in the pudding is also associated with 12th night cake which is now commonly known as Christmas cake.
- Other names for Christmas Pudding –
 - Figgy pudding – immortalized in 'We wish you a Merry Christmas' the song can be reliably traced only to 1935 but likely of West County origin. Commoners were known to knock on the doors of the gentry at Christmas and ask for pudding and other seasonal treats. Carols were also mentioned in the 1515 Thomas Tusser poem.
 - Plum Duff – probably due to the shape and colour of the pudding rather than the ingredients.
- Christmas pudding became a symbol of British patriotism in the early 20th century to promote foreign and exotic ingredients sourced from across the Empire.
- A promotional pudding was made and filmed by the Empire Day Movement and screened in cinemas throughout the British Empire

PLUM PUDDING IN LITERATURE AND SONG

The infamous plum pudding has turned up in literature and song for hundreds of years! We've gathered some delightful examples here for you to enjoy.

"But now, the plates being changed by Miss Belinda, Mrs Cratchit left the room alone — too nervous to bear witnesses — to take the pudding up, and bring it in.

Suppose it should not be done enough! Suppose it should break in turning out! Suppose somebody should have got over the wall of the back-yard, and stolen it, while they were merry with the goose: a supposition at which the two young Cratchits became livid! All sorts of horrors were supposed.

Hallo! A great deal of steam! The pudding was out of the copper. A smell like a washing-day! That was the cloth. A smell like an eating-house and a pastrycook's next door to each other, with a laundress's next door to that! That was the pudding. In half a minute Mrs Cratchit entered: flushed, but smiling proudly: with the pudding, like a speckled cannon-ball, so hard and firm, blazing in half of half-a-quartern of ignited brandy, and bedight with Christmas holly stuck into the top.

Oh, a wonderful pudding! Bob Cratchit said, and calmly too, that he regarded it as the greatest success achieved by Mrs Cratchit since their marriage. Mrs Cratchit said that now the weight was off her mind, she would confess she had had her doubts about the quantity of flour. Everybody had something to say about it, but nobody said or thought it was at all a small pudding for a large family. It would have been flat heresy to do so. Any Cratchit would have blushed to hint at such a thing."

—Chapter 3, A Christmas Carol, Charles Dickens

Little Jack Horner by Mother Goose

Legend has it that Jack Horner was actually the steward of Henry VIII, who opened a pie that was smuggling in the deeds of the Manor of Mells.

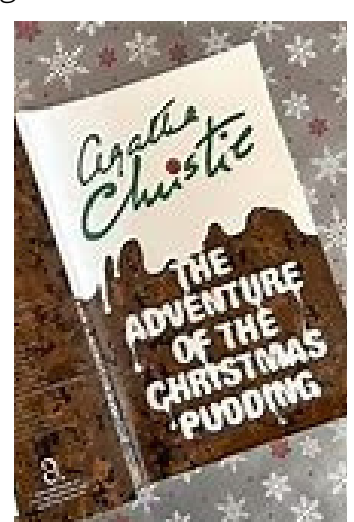
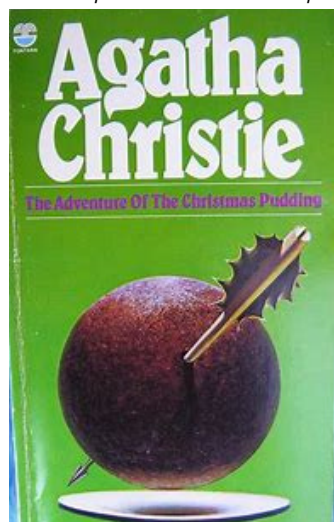
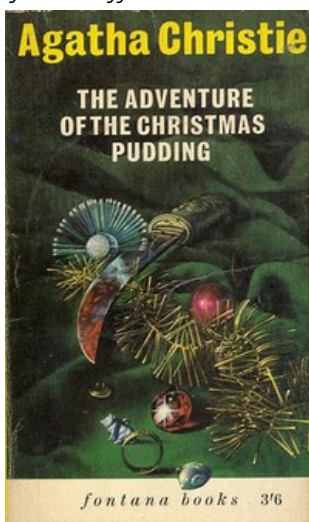
Little Jack Horner
Sat in the corner,
Eating a Christmas pie;
He put in his thumb,
And pulled out a plum,
And said, "What a good boy am I!"

We Wish You a Merry Christmas, origin unknown

The repetitive and well-known song many Americans sing despite having no idea what a figgy pudding is? Yeah, you all know the one. The origin of this song is not known; it is believed to possibly be a variant of a folksong as old as the 1500s. The song was sung in the West Country of England traditionally, and popularized and then known for the first time outside of West Country in 1935, when conductor and organist Arthur Warrell arranged it for his University of Bristol Madrigal Singers.

We wish you a Merry Christmas,
We wish you a Merry Christmas,
We wish you a Merry Christmas and a Happy New Year.
Good tidings we bring to you and your kin.
We wish you a Merry Christmas and a Happy New Year.
Now, bring us some figgy pudding,
Now, bring us some figgy pudding,
Now, bring us some figgy pudding, and bring it out here!
Good tidings we bring to you and your kin.
We wish you a Merry Christmas and a Happy New Year.
For we all like figgy pudding,
For we all like figgy pudding,
For we all like figgy pudding, so bring it out here!
Good tidings we bring to you and your kin.
We wish you a Merry Christmas and a Happy New Year.
And we won't go until we got some,
and we won't go until we got some,
and we won't go until we got some, so bring some out here!
Good tidings we bring to you and your kin.
We wish you a Merry Christmas and a Happy New Year.

*Agatha Christie wrote a story titled **The Adventure of the Christmas Pudding** - four different book covers depict various aspects of the famous pudding!*



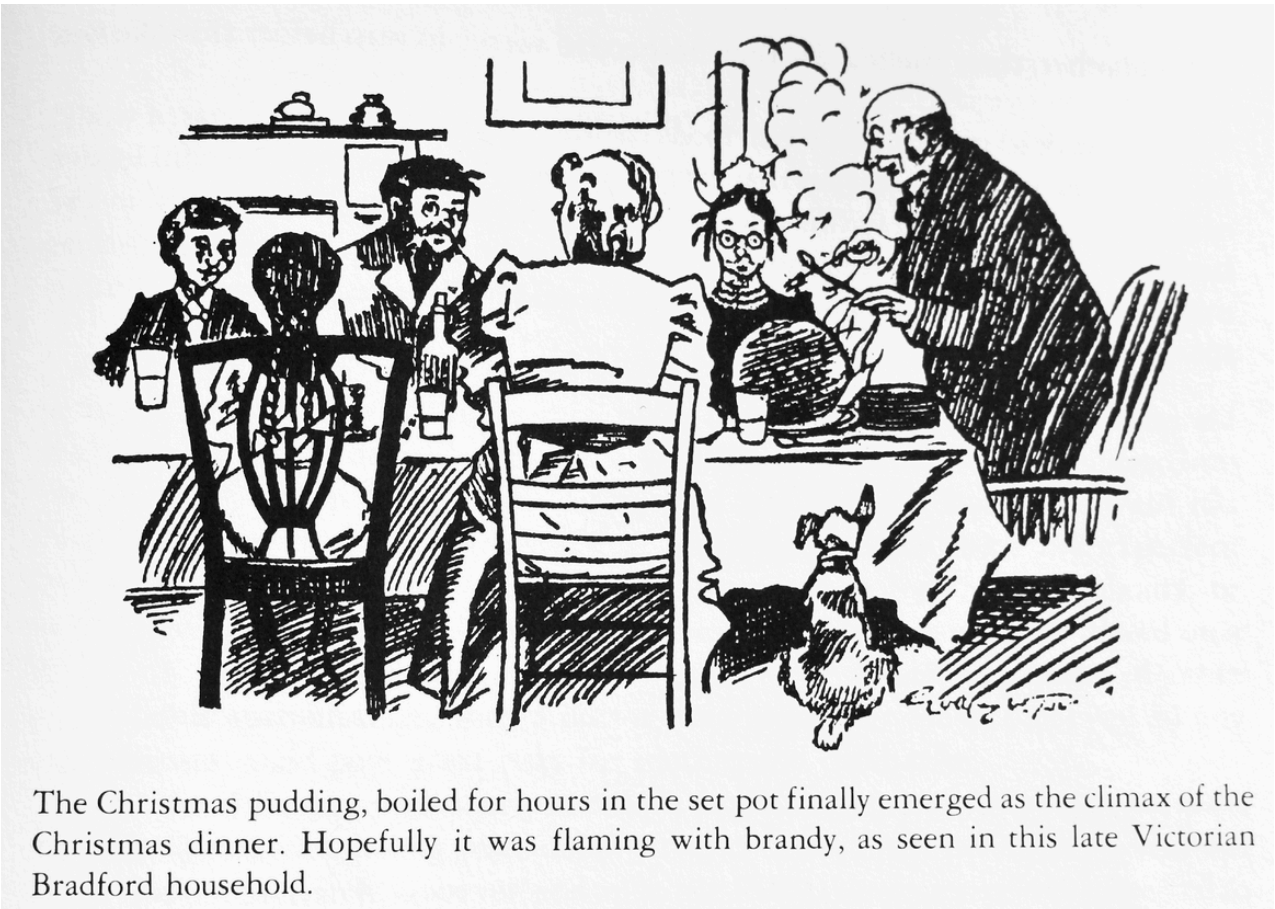
That Christmas Puddin by John Hartley

John Hartley was a poet who lived in England from 1839 - 1917, writing in Yorkshire dialect. The following charming poem shows just how truly magical the Christmas pudding can be!

Ha weel aw remember that big Christmas puddin,
That puddin mooast famous ov all in a year;
When each lad at th' table mud stuff all he could in,
An ne'er have a word ov refusal to fear.
Ha its raand speckled face, craand wi' sprigs o' green holly
Seem'd sweeatin wi' juices ov currans an plums;
An its fat cheeks made ivery one laff an feel jolly,
For it seem'd like a meetin ov long parted chums,
That big Christmas pudding, - That rich steamin puddin, -
That scrumptious plum puddin, mi mother had made.

Ther wor father an mother, - awr Hannah an Mary,
Uncle Tom an ont Nancy, an smart cussin Jim;
An Jim's sister Kitty, as sweet as a fairy, -
An Sam wi' his fiddle, - we couldn't spare him.
We'd rooast beef an mutton, a gooise full o' stuffin,
Boil'd turnips an taties, an moor o' sich kind;
An fooamin hooam brewed, - why, - aw think we'd enuff in,
To sail a big ship if we'd been soa inclined.
An then we'd that puddin - That thumpin big puddin -
That rich Christmas pudding, mi mother had made.

Sam sat next to Mary an Jim tuk awr Hannah,
An Kitty ov coorse had to sit next to me, -
An th' stuff wor sooin meltin away in a manner,
'At mi mother declared 't wor a pleasur to see.
They wor nowt could be mended, we sed when it ended,
An all seem'd as happy as happy could be;
An aw've niwer repented, for Kitty consented,
An shoo's still breet an bonny an a gooid wife to me.
An aw think o' that puddin, - That fateful plum puddin, -
That match makkin puddin mi mother had made.



The Christmas pudding, boiled for hours in the set pot finally emerged as the climax of the Christmas dinner. Hopefully it was flaming with brandy, as seen in this late Victorian Bradford household.

From *The Book of Household Management* edited by Isabella Beeton (1861)

A PLAIN CHRISTMAS PUDDING FOR CHILDREN.

1327. **INGREDIENTS.**—1 lb. of flour, 1 lb. of bread crumbs, $\frac{3}{4}$ lb. of stoned raisins, $\frac{3}{4}$ lb. of currants, $\frac{3}{4}$ lb. of suet, 3 or 4 eggs, milk, 2 oz. of candied peel, 1 teaspoonful of powdered allspice, $\frac{1}{2}$ saltspoonful of salt.

Mode.—Let the suet be finely chopped, the raisins stoned, and the currants well washed, picked, and dried. Mix these with the other dry ingredients, and stir all well together; beat and strain the eggs to the pudding, stir these in, and add just sufficient milk to make it mix properly. Tie it up in a well-floured cloth, put it into boiling water, and boil for at least 5 hours. Serve with a sprig of holly placed in the middle of the pudding, and a little pounded sugar sprinkled over it.

Time.—5 hours. *Average cost, 1s. 9d.*

Sufficient for 9 or 10 children. Seasonable at Christmas.

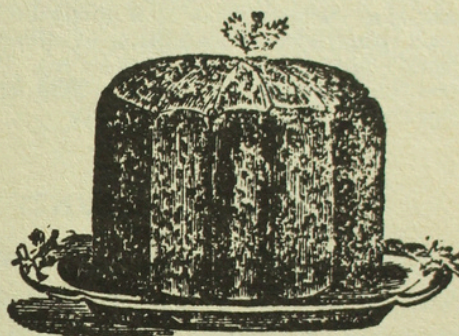
RAISINS.—Raisins are grapes, prepared by suffering them to remain on the vine until they are perfectly ripe, and then drying them in the sun or by the heat of an oven. The sun-dried grapes are sweet, the oven-dried of an acid flavour. The common way of drying grapes for raisins is to tie two or three bunches of them together, whilst yet on the vine, and dip them into a hot lixivium of wood-ashes mixed with a little of the oil of olives: this disposes them to shrink and wrinkle, after which they are left on the vine three or four days, separated, on sticks in a horizontal situation, and then dried in the sun at leisure, after being cut from the tree.

CHRISTMAS PLUM-PUDDING.

(*Very Good.*)

1328. **INGREDIENTS.**— $1\frac{1}{2}$ lb. of raisins, $\frac{1}{2}$ lb. of currants, $\frac{1}{4}$ lb. of mixed peel, $\frac{3}{4}$ lb. of bread crumbs, $\frac{3}{4}$ lb. of suet, 8 eggs, 1 wineglassful of brandy.

Mode.—Stone and cut the raisins in halves, but do not chop them; wash, pick, and dry the currants, and mince the suet finely; cut the candied peel into thin slices, and grate down the bread into fine crumbs. When all these dry ingredients are prepared, mix them well together; then moisten the mixture with the eggs, which should be well beaten, and the brandy; stir well, that everything may be very thoroughly blended, and *press* the pudding into a buttered mould; tie it down tightly with a floured cloth, and boil for 5 or 6 hours. It may be boiled in a cloth without a



CHRISTMAS PLUM-PUDDING IN MOULD

mould, and will require the same time allowed for cooking. As Christmas puddings are usually made a few days before they are required for table, when the pudding is taken out of the pot, hang it up immediately, and put a plate or saucer underneath to catch the water that may drain from it. The day it is to be eaten, plunge it into boiling water, and keep it boiling for at least 2 hours; then turn it out of the mould, and serve with brandy-sauce. On Christmas-day a sprig of holly is usually placed in the middle of the pudding, and about a wineglassful of brandy poured round it, which, at the moment of serving, is lighted, and the pudding thus brought to table encircled in flame.

Time.—5 or 6 hours the first time of boiling; 2 hours the day it is to be served.

Average cost, 4s.

Sufficient for a quart mould for 7 or 8 persons.

Seasonable on the 25th of December, and on various festive occasions till March.

Note.—Five or six of these puddings should be made at one time, as they

Poet Thomas Tusser (b 1515) refers to pudding as part of the Christmas feast;
Christmas Cheer

Good husband and huswife, now chiefly be glad,
Things handsome to have, as they ought to be had.
They both do provide, against Christmas do come,
To welcome their neighbors, good cheer to have some.

Good bread and good drink, a good fire in the hall,
Brawn, pudding, and souse, and good mustard withal.
Beef, mutton, and pork, and good pies of the best,
Pig, veal, goose, and capon, and turkey well drest,
Cheese, apples and nuts, and good carols to hear,
As then in the country is counted good cheer.

What cost to good husband, is any of this?
Good household provision only it is:
Of other the like, I do leave out a many,
That costeth the husband never a penny.

Get in the Spirit!

FIND OTHER CHRISTMAS-THEMED PODCAST EPISODES HERE:

You can find all of these episodes in any podcast player app, or follow the links provided here to listen directly from our podcast website, AncestralKitchenPodcast.com.

Episode #73 - Slow Christmas, December 19, 2023 (launches after hamper release)
What are some of the practical ways we slow our Christmas down - and why do we do it? This episode includes patron contributions, our favorite holiday breakfasts, and a whole load of Christmas tradition ideas!

Episode #47 - Christmas Survival Guide, December 20, 2022

Are you stressed about over-eating or over-indulging during the holidays? Do you travel to visit relatives, and you are anxious about eating a nourishing ancestral diet while away from home? What about the children - are people stuffing them full of sugar plums when you wish they were eating something else? Alison and Andrea tackle all these questions and more in this episode, centered around surviving the holidays, and walking into the New Year feeling nourished and healthy!

<http://tinyurl.com/episode47christmas>

Episode #20 - Christmas Traditions and What Inspires Us at the Holidays, November 23, 2021

We're entering the Fall and Winter holiday season and food and sensory delights from the garden and kitchen are such a traditional part of that! Alison and Andrea discuss some of their favorite dishes to serve at this time of year and the traditions they want to cultivate more of. Pro tip - there are LOTS of fantastic links in the show notes for this episode! <http://tinyurl.com/episode20christmas>

Egg-Free ENGLISH HERITAGE PUDDING RECIPE

With so much suffering and hardship during the Second World War, it was important to keep spirits raised as much as possible. Christmas provided families and friends with an opportunity to come together, sing songs and toast loved ones serving in the armed forces. Food was in short supply while the war was going on, but that didn't stop people enjoying their favourite festive treats - they simply did things a little differently. This authentic 1940s Christmas pudding recipe, for example, doesn't contain eggs. The pudding still tastes delicious, though!

Ingredients

2oz plain flour
4oz breadcrumbs
4oz melted fat or suet
1oz marmalade
1lb mixed dried fruit
3oz sugar
1/4-pint brandy, rum, ale, stout
or milk
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon grated nutmeg
1/2 teaspoon cinnamon
1 teaspoon mixed spices



Method

Step 1

Sift together the flour, baking powder, spices and salt. Add the sugar, dried fruit and breadcrumbs, and mix it all up. Drizzle the melted fat or suet over, and mix together. Add the marmalade and 1/4 pint of liquid, and mix thoroughly.

Step 2

Put your mix into a greased, 2-pint basin. Cover with greased paper and foil, then steam for 4 hours.

Step 3

Remove pudding from basin and leave to cool. Wrap cooled pudding in a clean paper or cloth, and store in a cool pantry or fridge (it'll keep for up to a month).

Step 4

Before serving, steam for an hour.

Alison's Notes for the ENGLISH HERITAGE PUDDING RECIPE

Alison chose the English Heritage Pudding Recipes because her son is intolerant to eggs. She also opted to make this pudding wheat-free by replacing the plain flour with spelt flour, and using her home-made rye sourdough for the breadcrumbs.

Alison halved the quoted sugar quantity and reports it was plenty sweet enough for her boys!

She used stout for the alcohol; next time, she wants to try her home-brewed ancestral ale.

Alison made her own rendered suet on the stove-top by gently heating and regularly pouring off the liquid. Once cooled and firm, she grated this into the recipe.

In her home, the pudding was eaten warm with cream. Leftovers were fried and served with cream.

As a child, Alison remembers eating Christmas pudding served every year with her dad's brandy butter melting on the top. Brandy butter is very sweet, and her father's version was very alcoholic! If you're brave enough, you can find many simple recipes for it online.

Pictures of Alison's process as well as some mouth-watering pictures can be seen on the following page.



Alison's pudding process and the finished product!



Gluten-Free STEAMED CHRISTMAS PUDDING BY PALEOPANTRY.ORG

Ingredients

macerated fruit

200g currants
125g raisins
125g sultanas
grated zest of 1 lemon, unwaxed and organic
grated zest of 1 orange, unwaxed and organic
1/2 cup (120ml) brandy (or sherry)

paste ingredients

1/4 cup (60ml) orange juice (about 1 small orange)
200g ready-to-eat prunes
200g medjool dates

remaining ingredients

1 small cooking apple (160g), peeled, cored and finely chopped (I used a Bramley)
40g blanched whole almonds, chopped
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
2 large eggs, lightly beaten with a fork
1/3 cup (90g) honey
1 1/2 cups (135g) ground almonds
130g beef suet, grated (vegetarian, gluten-free suet is fine too)

for greasing the pudding bowl

olive oil

to serve

ladleful of brandy

Method

Step 1

Macerate the fruit. Combine the currants, raisins, sultanas, zest and brandy in a large mixing bowl. Give the mixture a good stir with a large metal spoon. If you have time, cover and leave to soak for 24 hours, stirring occasionally to turn over the fruit.

Step 2

Make the prune and date paste. The next day, stone the prunes and dates and place in the small bowl of a food processor. Blitz to a paste, pouring in some of the orange juice if the mixture needs loosening (if you do not have a food processor, then finely chop and mince with the flat side of a heavy knife). Scrape the paste into the large mixing bowl, and pour in the remaining orange juice.

Step 3

Combine the remaining ingredients. Add the remaining ingredients. Give the mixture a really good stir to ensure all the ingredients are fully blended. The mixture will be very thick, but there's no need to add extra liquid.

Step 4

Prepare the steamer. Take a large, deep-sided pan, and place a steaming basket at the bottom (if you do not have a steaming basket, scrunched up foil also works, or a tuna can with the top and bottom removed). This allows the heat to circulate evenly. Pour in just-boiled water from the kettle. Cover with a lid and leave to simmer under a medium-low heat while you prepare the pudding. This will allow steam to build up in the pan.

Step 5

Prepare the pudding bowl. Lightly grease a 2 3/4 pint / 1.6 litre pudding bowl with olive oil. Cut out a small circle of baking paper and use it to line the bottom of the pudding bowl. Spoon in the mixture and level off the top with the back of a wet metal spoon.

Step 6

Cover with a double layer of baking paper and tin foil, secured tightly to stop water from getting in and making the pudding soggy. To do this, cut a square of baking paper from the roll. Fold in half diagonally to create a triangle, then fold twice again in the same way. Trim the outer edge in a curve, to create a circle when opened out. Repeat with another square of baking paper and a square of tin foil. Place the baking paper circles on top of the bowl, and hold in place with a rubber band placed under the lip of the bowl. Repeat with the tin foil, first scrunching snugly to the sides of the bowl. As rubber bands are prone to perishing in heat, secure with string as well – the best way to maintain tension is to wrap around three times, tying a simple single knot at each cross over, then securing with a tight double bow. Trim the excess paper and foil. Traditionally, a length of string is tied across the top to create a handle, but I find oven gloves work well enough for lifting the pudding out.

Step 7

Steam the pudding. Place the pudding bowl on top of the steaming basket. The water should come halfway up the bowl, so top up with just-boiled water from the kettle if necessary, gently pouring away from the sides of the pudding bowl. Cover, and simmer for 6 hours. Check the water level every hour, topping up if necessary. Remove when done using oven gloves.

Step 8

Once cooled, remove the baking paper and foil covers and replace with fresh ones. Store in a cool, dry place for up to 13 months.

Step 9

Serve the pudding. When ready to eat, steam the pudding for 2 hours to reheat. Remove from the pan and leave to stand for at least 20 minutes, covered with a tea towel to keep warm. If short on time or gas rings, try microwaving on a low setting until warmed through and a metal skewer inserted in the centre comes out hot (removing the foil covering first!).

Step 10

Remove the baking paper and foil, and run a palette knife around the side of the bowl. Place an inverted plate on top. Flip the whole lot onto the plate, then gently shake the pudding bowl to loosen it and remove.

Step 11

Warm a ladleful of brandy over a flame – about 30 seconds over a gas ring (if you do not have a gas hob, heat in a saucepan). Pour the brandy over the pudding and set alight.

No Suet

BBC GOOD FOOD PUDDING

BY THE EDITORS OF BBC GOOD FOOD

Ingredients

For the pudding

50g blanched almonds
2 large Bramley cooking apples
200g box candied peel (in large pieces) or all citron if you can find it
1 whole nutmeg (you'll use three quarters of it)
1kg raisins
140g plain flour
100g soft fresh white breadcrumbs
100g light muscovado sugar, crumbled if it looks lumpy
3 large eggs
2 tbsp brandy or cognac, plus extra to light the pudding
250g packet butter, taken straight from the fridge

For the brandy and ginger butter

175g unsalted butter, softened
grated zest of half an orange
5 tbsp icing sugar
4 tbsp brandy or cognac
2 pieces of stem ginger, finely chopped

Method

Step 1

Get everything for the pudding prepared. Chop the almonds coarsely. Peel, core and chop the cooking apples. Sharpen your knife and chop the candied peel. (You can chop the almonds and apples in a food processor, but the peel must be done by hand.) Grate three quarters of the nutmeg (sounds a lot but it's correct).

Step 2

Mix the almonds, apples, candied peel, nutmeg, raisins, flour, breadcrumbs, light muscovado sugar, eggs and 2 tbsp brandy or cognac in a large bowl.

Step 3

Holding the butter in its wrapper, grate a quarter of it into the bowl, then stir everything together. Repeat until all the butter is grated, then stir for 3-4 mins – the mixture is ready when it subsides slightly after each stir. Ask the family to stir too, and get everyone to make a wish.

Step 4

Generously butter two 1.2 litre bowls and put a circle of baking parchment in the bottom of each. Pack in the pudding mixture. Cover with a double layer of baking parchment, pleating it to allow for expansion, then tie with string (keep the paper in place with a rubber band while tying). Trim off any excess paper.

Step 5

Now stand each bowl on a large sheet of foil and bring the edges up over the top, then put another sheet of foil over the top and bring it down underneath to make a double package (this makes the puddings watertight). Tie with more string, and make a handle for easy lifting in and out of the pan. Watch our video to see how to tie up a pudding correctly.

Step 6

Boil or oven steam the puddings for 8 hrs, topping up with water as necessary. Remove from the pans and leave to cool overnight. When cold, discard the messy wrappings and re-wrap in new baking parchment, foil and string. Store in a cool, dry place until Christmas.

Step 7

To make the brandy butter, cream the butter with the orange zest and icing sugar. Gradually beat in the brandy or cognac and chopped stem ginger. Put in a small bowl, fork the top attractively and put in the fridge to set. The butter will keep for a week in the fridge, or it can be frozen for up to six weeks.

Step 8

On Christmas Day, boil or oven steam for 1 hr. Unwrap and turn out. To flame, warm 3-4 tbsp brandy in a small pan, pour it over the pudding and set light to it.

Christmas LINKS AND VIDEOS

"Christmas is a togethery sort of holiday," said Pooh.
"That's my favorite kind," said Piglet, "Togethery and Remembery."
-- AA Milne

[Alison's Fermented Gingerbread on YouTube \(http://tinyurl.com/fermentedgingerbread\)](http://tinyurl.com/fermentedgingerbread)

[The Angel Gabriel \(Old Basque Carol\) \(http://tinyurl.com/angelgabrielcarol\)](http://tinyurl.com/angelgabrielcarol)

[In Dulci Jubilo \(http://tinyurl.com/indulcijubilo\)](http://tinyurl.com/indulcijubilo)

[The Great Advent Antiphons \(http://tinyurl.com/greatadventantiphons\)](http://tinyurl.com/greatadventantiphons)

[Veni Veni Emmanuel \(http://tinyurl.com/venivenicarol\)](http://tinyurl.com/venivenicarol)

[A Festival of Nine Lessons and Carols at King's College, December 24, 2023, 3PM UTC/9AM CST on BBC World Service, and 9AM CST on YourClassical \(http://tinyurl.com/lessonsandcarols2023\)](http://tinyurl.com/lessonsandcarols2023) This link includes a program guide for the Nine Lessons, which can not only be used to follow along with King's but could be printed and used at home for your own family-led lessons and carols. It is many pages long and constitutes a small book!

[Carols from King's, broadcast on BBC Two Christmas Eve, December 24, 2023, at 18:55UTC/12:55PM CST \(http://tinyurl.com/BBC2023Christmas\)](http://tinyurl.com/BBC2023Christmas)

[Replay the 2016 Carols from King's on YouTube \(https://youtu.be/RVguSWYwSsA\)](https://youtu.be/RVguSWYwSsA)

Bulk Grocery Supply for US Customers - this is [Andrea's affiliate link to Azure Standard \(tinyurl.com/andreasazure\)](http://tinyurl.com/andreasazure)

Give the gift of a healthy gut microbiome, and a lifetime of fermenting in the kitchen! (Yes, you can gift it to yourself!) An interview with Kirsten will go live on the podcast on January 3rd, 2023. [Kirsten Shockey's 30-Day Fermentation Course \(https://tinyurl.com/4j2yefk9\)](https://tinyurl.com/4j2yefk9)

Nothing says "Christmas" quite like chocolate! [Give the gift of Alison's Chocolate Course \(https://tinyurl.com/4d9pemck\)](https://tinyurl.com/4d9pemck)

NEW WEBSITE LAUNCH

with exclusive patron resources!

We are excited to announce the launch of the new Ancestral Kitchen Podcast website! This incredible site, crafted for us by Alison's husband Rob, houses every podcast episode, the show notes, links to our resources and products, as well as becoming the new home of the Treasure Trove - the wealth of additional resources we have created just for our patrons who are supporting the show financially.

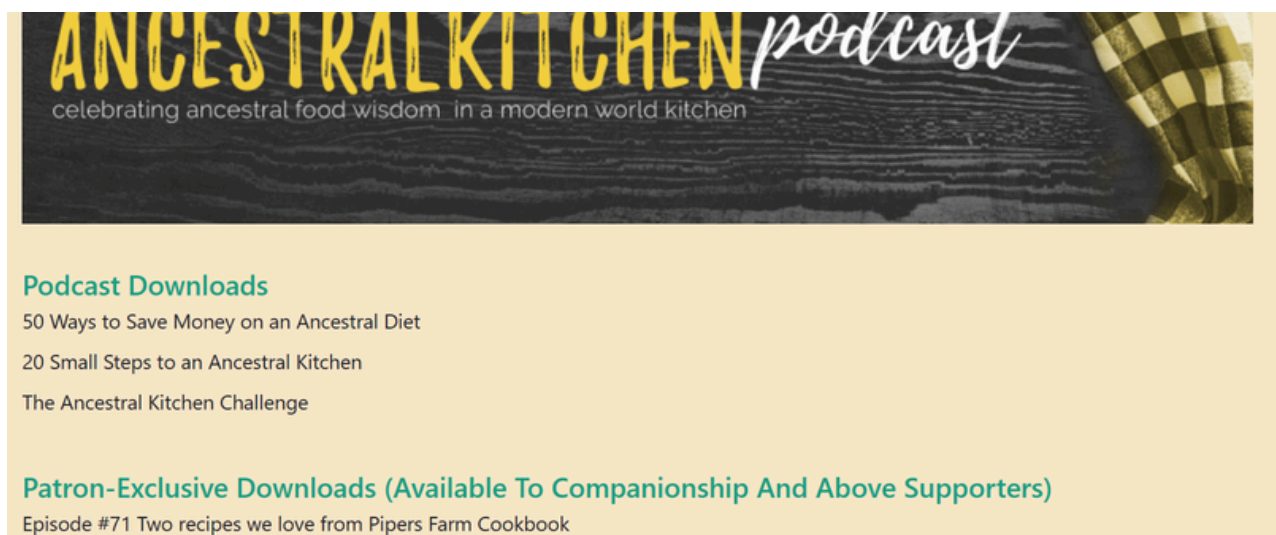
You can easily share a favorite episode from this website with anybody - whether they have a podcast player app or not - or refer them to our free resource downloads here.

Check out the website today, bookmark it, and share it with your ancestralcurious friends and family!



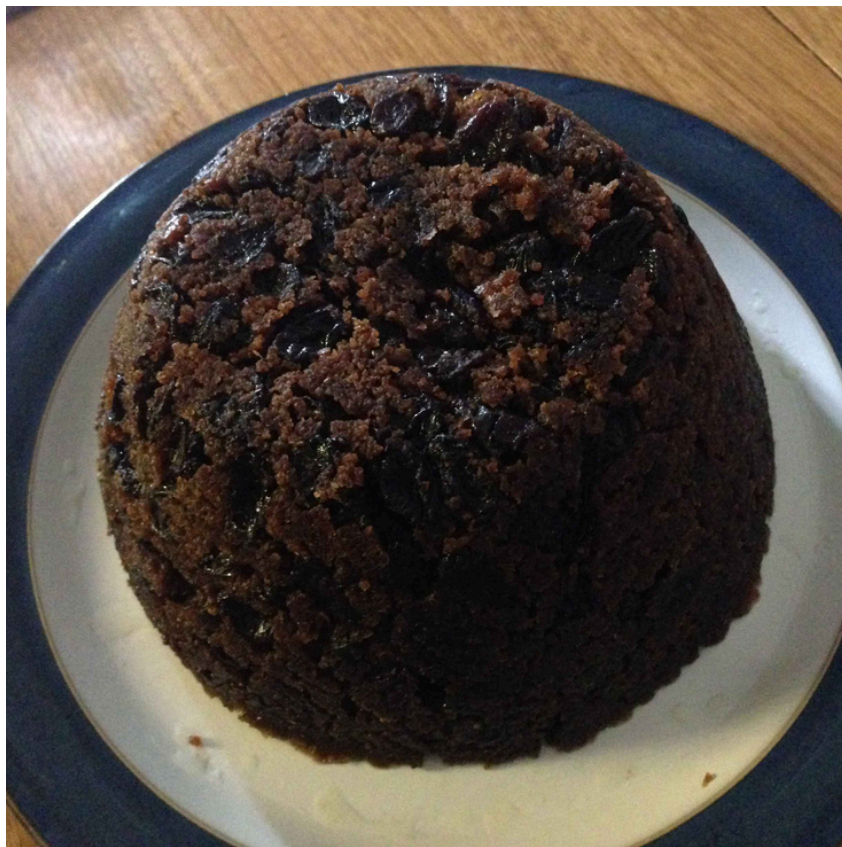
The screenshot shows the homepage of the Ancestral Kitchen Podcast website. At the top, there is a navigation menu with links for Community, Resources, Episodes, Downloads, Shop, and My account. On the right, there are social media icons for Listen, RSS, Facebook, and Spotify. The main banner features a dark background with a wooden surface and a checkered cloth. The text reads: "THE ANCESTRALKITCHEN podcast" in large, bold, yellow and white letters, with the tagline "celebrating ancestral food wisdom in a modern world kitchen" below it. Below the banner, there is a welcome message: "Welcome to Ancestral Kitchen Podcast, where we celebrate ancestral food wisdom in a modern world kitchen." followed by a paragraph: "We believe that ancestral food wisdom not only transforms our health and repairs our food systems, it is also the simplest and most economical way of eating – and anyone can bring it into their own kitchen. Our mission is to provide ongoing inspiration, support and encouragement that will help you bring honest, deeply nourishing food to your table at every meal."

The Treasure Trove, where patrons can log in to access exclusive content:



The screenshot shows the Treasure Trove section of the Ancestral Kitchen Podcast website. It features the same banner as the homepage. Below the banner, there is a section titled "Podcast Downloads" with a list of three items: "50 Ways to Save Money on an Ancestral Diet", "20 Small Steps to an Ancestral Kitchen", and "The Ancestral Kitchen Challenge". Below this, there is a section titled "Patron-Exclusive Downloads (Available To Companionship And Above Supporters)" with one item: "Episode #71 Two recipes we love from Pipers Farm Cookbook".

Oh, what a wonderful pudding!



**HAPPY HOLIDAYS FROM ANCESTRAL KITCHEN
PODCAST! ENJOY YOUR PUDDING!**