

Christmas pudding is a holiday treat

Several years ago when Lori first met her husband-to-be, they had Christmas dinner at his father's house. The meal was excellent because Olivier's step-mother is an excellent cook, and to finish off they had a homemade Christmas pudding that was served flaming to the table (Olivier's family claims this is a French tradition, but I think there's another couple of countries that also claim its theirs!)

Well, after Lori and Olivier had children, they began hosting Christmas dinner at their own home. But the pressure was on Lori to find a Christmas pudding as good.

After trying a few recipes, one of the women who has worked for Kentner's for years, Brenda Dunlop, brought in her mother's recipe and that is the recipe you see here today.

What's cookin'

Lori and Gerry Kentner



It is excellent and works perfectly well if you make it in advance and freeze it until Christmas dinner.

The only controversy is what kind of sauce do you serve it with? Over the years, we have heard of many different types and we've come to realize that this is a very personal choice.

Our family prefers a brown sugar sauce. This is simply butter and brown sugar melted together on the stove, water and vanilla added, and

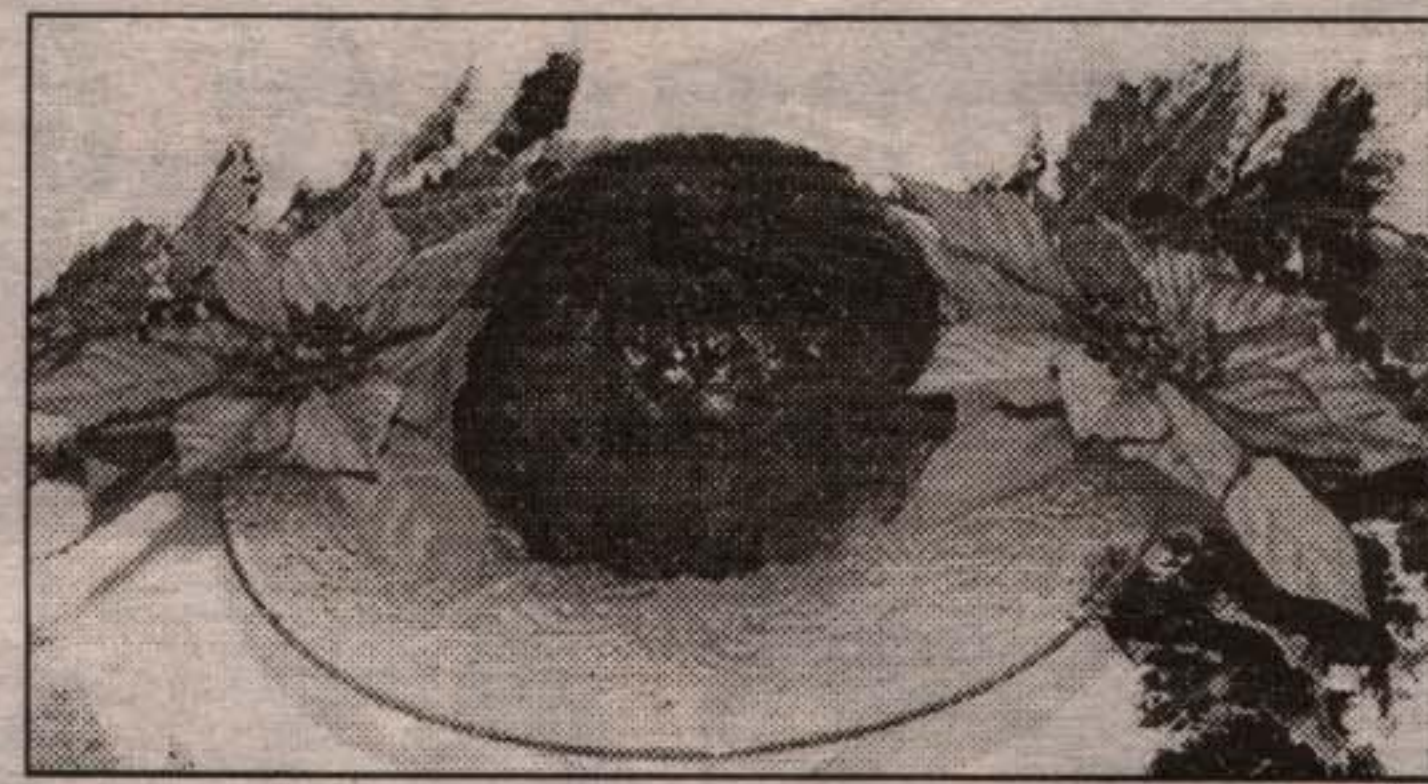
brought to a boil and thickened with cornstarch.

The Gysel family prefers a hard sauce, I don't know how they make this, but I'll keep up the research. The Calder family prefers custard (so Scottish!). The Carter family prefers a rum sauce—very similar to the brown sugar sauce, but with lots of rum added—and lots for the cook too!

Take your pick and give it a whirl, you'll love the pudding!

Do you need to know how to flame the pudding so you can send it to the table and impress all of your guests? Heat brandy (or liqueur, or whatever alcohol you prefer) on the stove. Just before it boils, light it with a BBQ starter (it's safer than a match) and pour over the pudding.

Have fun and keep cooking!



Ingredients

- 1 cup ground suet
- 1 cup brown sugar
- 1 cup grated carrot
- 1 cup grated raw potato
- 1 cup raisins
- 1 cup currants
- 1 cup chopped candied cherries
- 1 egg
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp vanilla
- 1 tbsp molasses
- 1/2 cup all purpose flour
- 1/2 cup bread crumbs, fine
- 1/2 tsp cinnamon, cloves, nutmeg (each)
- 2 tbsp sour milk (or enough to make drop batter)

Method

1. Mix milk, egg, vanilla and molasses. Sift dry ingredients, reserving a few tablespoons of flour to dredge fruit. Mix dry and wet ingredients together and make sure it's well combined. Add fruit last (you can also add finely chopped nuts and dates if you like).

2. Grease your pudding tin well and fill 2/3 with mixture (needs room to expand). Cover tin.

3. Steam for approximately three hours. Make sure that the water level stays at or above the level of the pudding inside the tin. You can steam it a little longer if you don't think it looks like it is done enough. It is hard to over-steam a pudding, but it is very disappointing if it is under done when it comes time to eat it.

Happy 25th Anniversary
Brenda & Wayne!

Love all of your family & friends.

November 24th, 1973

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CELEBRITY COOKS

by Virginia Bagin



"LIGHT FRUITCAKE"

Here's a family recipe from my recipe-tester Heather Epp for her grandmother's cake.

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| 1lb (500 g) sultana raisins (3 cups) | 4 oz (125 g) candied citron (3/4 cup) | 1 cup butter, softened |
| 1/2 lb (250 g) candied cherries, halved (2 cups) | 4 oz (125 g) blanched almonds, chopped (1 1/4 cup) | 1 cup granulated sugar |
| 1/2 lb (250 g) candied pineapple, cut into 1/2 inch pieces (2 cups) | 1 cup desiccated sweetened coconut (optional) | 3 eggs |
| 12 oz (375 g) mixed peel (2 cups) | 2 3/4 cup all-purpose flour | 1 tsp almond extract |
| | 1 tsp baking powder | 1/2 tsp rose water (optional) |
| | 1/2 tsp nutmeg | 1/2 cup warm water about 1/2 cup rum or brandy (optional for aging) |

In a large bowl, combine raisins, cherries, pineapple, peel, citron, almonds and coconut. In small bowl stir together flour, baking powder and nutmeg; pour half over fruit and stir to coat each piece. In another bowl, using electric mixer, beat butter and sugar until light and fluffy. Beat in eggs, one at a time, until smooth; add almond extract and rose water. Beat in remaining flour mixture alternately with water until batter is very smooth. Pour over fruit mixture; stir, using wooden spoon, until thoroughly combined. Pour into 10-inch springform pan or 8-by-8-by-3 1/2-inch fruitcake pan lined with greased, heavy brown paper.

Bake in preheated 275F oven about 3 hours or until cake tester inserted in centre comes out clean. Cool. Keep cake in paper; pour 2 tbsp rum or brandy over cake every week until serving, if desired. Wrap well in plastic wrap and aluminum foil. Makes 1 large fruitcake.

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