

Pineapple Pudding

By David Larkin

This recipe hails from Lincolnshire where my mother's family lived. A century or two ago, the English discovered the seaside and used to go there for their summer holidays. In our family's case it was to Skegness, on the East Coast. This is actually not the most hospitable place, with a bitter wind that sweeps in off the North Sea onto the beach. That's why you used to see big posters saying "Skegness is so bracing". You bet it was!

What has this to do with cooking? Well pineapple pudding was a family favourite until the recipe was lost. Great anguish. But on their next trip to Skegness, the family was served pineapple pudding at their guest house. They had passed on the recipe to the management a year or two earlier, and now they were able to get it back. Great rejoicing.

I used to make this in the microwave but then it tended to have a strong taste of flour, so I have gone back to the old method.

- 3 ounces butter
- 3 ounces flour
- 3 eggs
- 3 ounces fruit sugar

(Fruit sugar is known as castor sugar in the UK but here it seems to have a different name every time I go to the supermarket. I usually get it at Sobey's where they now call it quick-dissolving sugar.)

- 1 tin pineapple slices (14 ounces)
- 15 ounces liquid

(10 ounces milk & 5 ounces pineapple juice from tin)

- Whipping Cream
- Maraschino cherries

Melt the butter and flour and heat gently. Stir. Add the milk, slowly while whisking. Heat gently to the boil, stirring frequently until it has thickened well. Remove from the heat. Separate eggs and reserve whites. Stir egg yolks and 2 ounces of the sugar into the thickened sauce, then gradually add the juice from the pineapple tin. Keep stirring. The juice should be added until the sauce is the thickness of whipped cream. Then arrange the pineapple slices in a glass bowl and pour the sauce over. Cover with cellophane and place in the fridge to set. Before serving, add a layer of whipped cream and then beat the egg whites with the remaining 1 ounce of sugar. Beat until stiff then layer over the cream. Decorate with Maraschino cherries or other fruit. Serve immediately. Or sooner!

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