

Was it Winnie-the-Pooh's favourite?

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Roaring 20s hunny pudding

This luxurious but inexpensive pre-war recipe is one of 1,180 in *May Byron's Pudding Book*. It was written in 1929, as a follow-up to the same writer's *Vegetable Book*, *Cake Book*, *Jam Book* and a popular work called *Pot Luck*. Talk about prolific! Jamie, you've a long way to go!

4 oz stale bread or cake

4 oz honey

2 oz rice flour

A lemon

½ teaspoonful ground ginger

¼ pint of milk

1 oz butter

3 eggs

For a fruit sauce:

4 tablespoonsful of jam of your choice—cherry is great

¼ pint of water

A teaspoonful of alcohol of your choice—kirsch is good

Turn on the oven to heat to 170°C /350°F. Butter a pudding mould—a pudding basin is fine, or an oven-safe jelly mould for a fun shape. Grate off the lemon rind. Crumble the bread or cake. Warm the butter if it's straight from the fridge. Separate the egg yolks from the whites. You can do that Ainsley-style—or simply scoop the yolks from a bowl with a tablespoon.

Use a wooden spoon to stir the breadcrumbs into the honey. Add all the other ingredients bar the egg whites and mix really well.

Beat the egg whites to a stiff froth. Gradually add the egg whites to the mixture, stirring gently.

Pour the mixture into a pudding mould. Put it into the oven and cook for for 15 minutes.

Boil the water, the jam and the alcohol. (Or add the alcohol afterwards if you want to taste it.) Un-mould the pudding onto a dish and pour the sauce over it.

Mmm... delicious!

**GILLIAN'S
LARDER**

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