

Summer Pudding

Ingredients:

White bread slices
450g raspberries
225g redcurrants
110g blackcurrants
150g caster sugar

Method:

1. De-stalk the redcurrants and blackcurrants.
2. Rinse the fruits.
3. Put fruits and sugar in a large saucepan, and cook over a medium heat for 3-5 mins, until the sugar has melted and the juices begin to run. Don't overcook.
4. Remove the crusts from the bread.
5. Line a 1½pint pudding basin with the slices of bread, ensuring they overlap and no juice can leak through.
6. Keep one cup of juice aside from the fruit and pour the rest of the fruit into the bread-lined bowl.
7. Seal the pudding with more slices of bread. Place a small plate or saucer on top and weigh down with something heavy (e.g. a bag of sugar).
8. Refrigerate overnight.
9. Turn out into a serving dish and pour the reserved juice onto any white pieces of bread.
10. Serve with whipped cream, crème fraiche or natural yogurt.