



# Mrs. De Steiguer's Steamed Berry Pudding

Revised recipe by The Castle's Education Director Kyle Yoho, MA  
From Marietta's *Centennial Cookery Book* (1888)

## Pudding Ingredients:

- 1 ½ cups all-purpose flour\*
- ½ cup sugar
- ½ cup milk
- 1 large egg
- 2 tablespoon melted butter\*
- 2 teaspoon baking powder
- ½ teaspoon salt
- ¼ cup blueberries (optional)
- ½ lemon zest (optional)
- 1 teaspoon vanilla (optional)

\*These are changes from the original recipe. The flour has been reduced by ½ cup and butter increased by 1 tablespoon.

## Pudding Instructions:

Before mixing your ingredients, select a pot large enough to hold your steamed pudding mold covered with the lid. A wire rack or saucer should be placed in the bottom of the pot. Fill enough water to reach the top of the rack or saucer. This should be brought to a boil before placing your mold into the pot. You may want to have another pot of water boiling so that your pot does not boil dry.

You'll also want to thoroughly butter your mold, including the lid.

Mix the sugar and butter together. Whisk together the milk and eggs and slowly mix into the sugar and butter mixture.

In a separate bowl, sift together the flour, baking powder, and salt.

Gradually mix the dry ingredients into the wet ingredients to make a thick batter.

Fold the blueberries, zest, and vanilla into the batter.

Pour the batter into the buttered mold. (If your mold lacks a lid you can cover the top with a piece of parchment paper, buttered on the side facing the batter. Tie this with a string around the edge of the mold. Over top of this, place a sheet of aluminum foil, shiny side out.)

Reduce the boiling water to a simmer and place the mold into the pot with the lid. Steam for 1 ½ hours. Periodically check to ensure your pot hasn't boiled dry.

The pudding is done when a skewer inserted into the center comes out clean. Turn off the heat and carefully remove from the pot. Allow it to cool on a wire rack until just warm to the touch. Remove the mold lid and place a serving plate, upside down, over the opening. Firmly hold the plate against the mold and flip, releasing the pudding onto the plate.

Slice and serve the pudding warm with the sauce.

## Enjoy!

*See next page for sauce ingredients and instructions.*

**Sauce Ingredients:**

1 cup sugar  
¼ cup butter  
1 tablespoon cornstarch  
2 tablespoons boiling water  
2 tablespoons lemon juice (optional)  
1 teaspoon vanilla (optional)

**Sauce Instructions:**

Melt the butter in pan over a low-medium heat.

Add the sugar, cornstarch, and boiling water to the melted butter .

Allow the mixture to come to a boil for a few short minutes and add the lemon juice and vanilla.

Take off the heat and allow to cool and thicken.