Notes for our Figgy Pudding Cooking Class

From our Education Director Kyle Yoho, MA

In this virtual cooking class, you'll be able to observe the key steps to preparing a steamed "figgy" pudding recipe or just enjoy the show as I demonstrate and discuss the curiosities of this famed, but bygone holiday dessert.

<u>Please note</u>, this will run like a cooking show where the recipe will be demonstrated with parts of the recipe prepared in stages and some things prepared in advance. I want to give you the knowledge of how to fix this recipe within our class time, which may mean that all attendees might not complete the whole cooking process during that hour, but rest easy. You'll have the skills to complete this steamed pudding from home either the same evening as the class or whenever you may like to do so.

<u>Here's a couple tips if you want to prepare the pudding and pudding sauce during the class:</u>

- Consider your choice of steamed pudding mold. (See pudding recipe for more details.)
- Have your recipes handy.
- Have all your supplies and ingredients laid out.
- Have all of your ingredients at room temperature. (Anything you take out of the fridge should sit out for 30 minutes minimum before the class begins.)
- Read through the "optional" components to the recipes and make those choices before class.
- Be sure to check the expiration date on your baking soda.

Lastly, just as a reminder, please be sure you have registered via Zoom to join the cooking class on Tuesday, Dec. 1 7 – 8pm.

If you have any questions, please reach out to:

- Kyle Yoho, The Castle | kyle@mariettacastle.org | 740-373-4180

Suet Pudding

Use these instruction to follow along with us online!

Steamed puddings are probably one of the most unrecognizable categories of historical cookery recipes from America's past. By "pudding" we don't mean the quintessential Snack Pack many of us grew up with in our lunch boxes. Basically when talking "steamed pudding" we mean a usually dense cake cooked by the heat of steam or in boiling water. This recipe for "suet pudding" and "pudding sauce" comes from *Marietta's Centennial Cookery Book* (1887) provided by "Miss Irish."

Through testing this recipe, some adjustments had to be made with the quantities of ingredients. For my purposes, I reduced the overall recipe by half to fit into the 1.6 liter steamed pudding mold I acquired for this recipe. These older recipes are meant as guidelines and this is a great example of that. This recipe leaves a lot of wiggle room for the whims of the cook and those enjoying the pudding. With the list of ingredients I've kept true to Miss Irish's recipe, but also included a list of "Options" for ingredients that would have been available and commonly added to steamed puddings, especially around the holidays.

Pudding Supplies:

Steamed pudding mold

- Likely many of you won't have a steamed pudding mold laying around. These molds come in metal or ceramic and can be easily procured online. (Here's a link to Amazon for the aluminum mold I'll be using during class [click here](#).)
- However, if you're leery about making a special purchase for what may be a one-time use, you can use any heat-proof glass, ceramic, or metal container preferably with a ridge or lip around the top.

Large stock pot with a lid (Large enough to fit your pudding mold.)

Small metal rack or heat-proof saucer (Small enough to fit in your stock pot.)

Kitchen string*

Aluminum foil*

Parchment paper*

Oven mitts

Flour sifter or large strainer (Optional)

Kitchen Knife and cutting board

Wire cooling rack

Mixing bowls

Cup, teaspoon, and tablespoon measures

*If your pudding mold doesn't have a handle.

Pudding Ingredients:

<u>The original recipe:</u>
1 cup beef suet (beef tallow also works)

½ cup molasses

½ cup milk

1 ½ cups all-purpose flour

½ cup sugar

1 cup raisins or figs (cut to the size of raisins)

½ teaspoon soda

½ tablespoon allspice

½ tablespoon cinnamon

½ teaspoon cloves, ground

<u>Options:</u>
Orange and/or lemon zest

Candied orange and/or lemon peel, chopped

Golden raisins and/or currants

Apple, chopped

Walnuts and/or almonds

Brandy, orange juice, and/or lemon juice (substituting some of the milk)

Nutmeg

Pudding Instructions:

Optional: At least two hours in advance or preferably overnight place any dried fruit and nuts in a bowl with juice or brandy and allow to marinate.

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. Refer to any directions that might have come with your pudding mold. If no special instructions are provided, fill

enough water to reach half way up your mold when it's placed into the pot. This should be brought to a boil before placing your mold into the pot when the pudding is ready to be cooked. You may want to have another pot of water boiling so that your steaming pot does not boil dry.

You'll also want to thoroughly butter your mold, including the lid. (If your mold has a flat bottom, you may want to additionally place a piece of parchment at the bottom.)

Mix the suet (or tallow) and molasses together. Slowly mix in the milk.

In a separate bowl, sift together the flour, baking soda, and spices.

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

Fold the fruit 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.

Optional: When it's cool wrap in plastic wrap for at least 24 hours before serving.

Slice and serve the pudding warm with the sauce.

Pudding Sauce

Use these instruction to follow along with us online!

Pudding Sauce Supplies:

Medium mixing bowl

Whisk or hand mixer

Saucepot

Cup and tablespoon measures

Sauce Ingredients:

½ cup butter, melted but not hot*

1 cup sugar

1 egg**

2 tablespoons boiling water or brandy or fruit syrup

*This is a change from the original recipe which just called for butter. In practice when using non-melted butter, the sauce split with the addition of the boiling liquid.

**If you have concerns about this preparation utilizing raw egg, one suggestion is to select Eggland's Best eggs due to their rigorous safety and sanitization practices.. Another is to heat the butter, sugar, and egg mixture over heat, stirring constantly, until 160° F is reached.

Sauce Instructions:

Melt the butter and leave to cool.

Set about ¼ cup of water (or other liquid) on the stove to boil.

Mix the sugar into the melted butter.

Next add the beaten egg.

Carefully measure out the boiling liquid and slowly add it, stirring while slowly pouring into the butter mixture.

Judging by the consistency of the sauce, more liquid may need added.   .