

AUNT SUSANNAH'S SUMMER PUDDING

By Jill Neff and Nancy Ellen Hird

Ingredients

6 cups of summer fruit such as black currants.

(Black currants are readily available in Britain, but they are not in some parts of the United States. Other fruits that make a delicious pudding are a mix of strawberries and blueberries. Use four cups of strawberries and two cups of blueberries. You may also use raspberries or blackberries as part of the mix.)

A loaf of firmly textured white bread.

(Do not use pre-sliced white bread. The bread's texture is not firm enough and will fall apart.)

Butter for greasing the bowl

Heavy cream

½ cup of sugar

¼ cup of sugar for sweetening the cream

Directions

It is very easy to make a summer pudding. Butter the bottom and sides of a soufflé dish or other bowl (about 1.75 quart). Set aside.

Cut the loaf of bread into slices an inch thick, or a little less. Remove the crusts. Line the buttered bowl with slices of bread fitted close together.

Prepare the fruit by rinsing and draining it well. Hull the strawberries and cut them in half if they are large. Put the 6 cups of fruit in a large saucepan. Pour in ½ cup of sugar. Heat the fruit over medium heat, stirring until the fruit softens and sugar dissolves. Notice that juices are forming in the pan. It takes about 5 to 7 minutes. Remove the pan from the heat and allow it to cool slightly. Spoon the fruit into the breaded bowl, using a slotted spoon. Then with a solid spoon, spoon the juices over the fruit. Cover with a layer of bread.

Seal the bowl with plastic wrap. Place a saucer on top and weigh it down with cans of fruit or vegetables. Put the bowl in the refrigerator. Leave for 8 hours or overnight.

Remove the cans and saucer, take off the plastic wrap. With a knife or spatula, go around the edges of the pudding and loosen it from the sides of the bowl. Turn the pudding out on a large plate.

Whisk the cream (or you may whip it with an electric mixer if you like). Add ¼ cup of sugar toward the end for sweetening.

Dish up servings and spoon the sweet cream over the top.

Enjoy!