

Frozen Christmas pudding

Ingredients

(Serves 4)

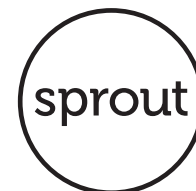
- 2 egg yolks
- 2 tablespoons honey
- 1 teaspoon vanilla bean paste
- 30ml brandy
- Zest and juice of 1 lemon
- 100ml thickened cream
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¾ cup mixed dried fruit
- 1 tablespoon brown sugar
- ¼ cup water
- 2 cups mixed summer fruit
(e.g. apricots, mangoes, peaches,
berries, cherries)

Method

1. Place egg yolks, honey and vanilla in a medium heatproof bowl over a saucepan of simmering water, ensuring the bowl is not touching the water. Whisk mixture until it is thick enough to coat the back of a spoon. Remove bowl from heat, stir through brandy and lemon juice and continue whisking until cooled to room temperature.
2. In a large bowl, whisk cream with lemon zest, cinnamon and nutmeg until stiff peaks. Gently fold cream and ½ cup of dried fruit through the egg mixture until just combined. Transfer mixture to a Christmas pudding shaped mould and freeze for 2–3 hours or until firm.
3. Meanwhile, combine remaining ¼ cup of dried fruit, brown sugar and water in a small saucepan. Simmer until fruit softens slightly and liquid reduces to a light syrup. Allow to cool to room temperature.
4. To serve, run mould under some warm water. Gently use a knife to ease the pudding from the mould and onto a serving plate. Spoon over the dried fruit compote and serve with summer fruit on the side



BUY SA.
FOR Christmas.



Recipe courtesy
Sprout Cooking School.