

Summer Pudding

Ingredients:

8 slices Low Protein (LP) White Bread (crusts removed)

875g (1 $\frac{3}{4}$ lb) mixed summer fruits (strawberries, redcurrants, blackcurrants, cherries, raspberries) fresh or frozen

150g (5 oz) caster sugar

75ml (1 $\frac{1}{2}$ fl oz) water

1.25 litre (2 pint) pudding basin



Method:

1. Line pudding basin with the LP bread slices (no gaps). Reserve 2 slices for the top.
2. Prepare berries (remove stalks, stones, hulls and cut in halves if large).
3. Place fruit in a saucepan (except strawberries and raspberries) with the sugar and water. Heat gently and stir until sugar dissolves. Cook until tender.
4. Spoon the fruit and half of the juice into the bread lined basin, reserving remaining juice. Cover the top with the 2 remaining slices of LP bread.
5. Stand the bowl in a shallow dish to catch any overflow. Place a saucer on top of the bread lid and place a weight (e.g. tin of food) on top of the saucer.
6. Chill in fridge for 8 hours.
7. Remove the weights and invert pudding onto a serving plate. Spoon the reserved juices over the top. Serve with low protein custard.