

SERVES

6

Treacle Pudding

Quite an old-fashioned recipe but perfect for cooking in the Aga.

6 good tablespoons
golden syrup
175g (6 oz) self-raising
flour
50g (2 oz) caster sugar
75g (3 oz) shredded
vegetable suet
1 teaspoon vanilla
extract
about 150ml (¼ pint)
milk

- 1** You will need a 1.1 litre (2 pint) pudding basin, greased.
- 2** Measure the golden syrup into the bottom of the basin.
- 3** Mix the flour, sugar and suet together in a mixing bowl. Add the vanilla extract and enough milk to bind to a soft dough. Pour into the basin on top of the syrup. Cover with greaseproof paper and seal the top with a foil lid.
- 4** Put the basin in a stainless steel saucepan with a tight-fitting lid. Fill with enough water to come halfway up the basin and bring to the boil on the Boiling Plate for about 8 minutes.
- 5** Transfer the pan, water and basin to the floor of the Simmering Oven and cook for about 3½ hours until the pudding is nicely risen and firm to the touch.
- 6** Turn the pudding upside down on to a plate so that all the syrup runs down the sides. Serve warm with custard and more warm golden syrup, if liked.

PREPARE AHEAD

The pudding can be prepared a day ahead.

CONVENTIONAL OVEN

Cook on the hob for about 3½ hours, occasionally checking on the level of the water in the pan, topping up when needed with more boiling water.