



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department



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SUMMER PUDDING

SERVES 4-5



INGREDIENTS

- 1 kg mixed berries, fresh or frozen
- ¼ cup caster sugar
- ½ loaf sliced sandwich bread

METHOD

1. Combine berries and sugar in a pan. Slowly bring to the boil, stirring gently until sugar has dissolved.
2. Set a colander over a bowl. Drain fruit in colander. Catch juice in the bowl.
3. Cool the fruit and reserve the juice.
4. Remove the crusts from the bread and flatten slices with a rolling pin.
5. Dip ¾ bread into the juice and line the bottom and sides of a pudding basin, slightly overlapping the edges.
6. Fill lined basin with berry mixture.
7. Dip remaining bread into juice and lay over the top of fruit.
8. Cover with baking paper and a dinner plate.
9. Place a heavy can or weight on top of dinner plate.
10. Leave in the fridge overnight or at least 4 hours.
11. Run a knife around the inside pudding basin to release.