

## Monmouth Pudding

### PWDIN MYNWY

*Originally created to use whatever fruit was available, or in season.*

<u>INGREDIENTS</u>	
<u>For the pudding</u>	<u>For the topping</u>
90gms Fresh breadcrumbs 450ml/1pint of whole milk 2 tablespoons of soft light brown sugar Zest from one lemon 2 tablespoons of caster sugar 25g/1oz of salted butter The yolks of three large eggs	175g/6oz of raspberry jam 150g/5oz of fresh raspberries 75g/3oz of caster sugar The whites of 3 large eggs, whisked until soft peaks form
<u>METHOD</u>	
<p><i>Sprinkle the brown sugar and the breadcrumbs into a baking tray. Shake to mix the two evenly. Grill gently until breadcrumbs are lightly toasted and the sugar is starting to melt. Remove from grill, set aside until needed. Pre-heat oven to 150c/300f/Gas 2. Mix together the milk, lemon zest, sugar and butter, and heat in a pan over a medium heat. Cook and continue to stir until all the butter has melted and the mixture is well blended. Add the set aside breadcrumbs – mix together. Take off the heat. Leave the mixture to stand for 30 minutes.</i></p> <p><i>After the 30 minutes put the egg yolks in bowl and whisk until they are pale and fluffy. Blend the egg mixture and cooled breadcrumb mixture together. Transfer the mixture into a 20cm/8in ovenproof serving dish and place in the pre-heated oven to bake for 25-30 minutes, or until the pudding has risen and set.</i></p> <p><i>Take the pudding out of oven and increase oven temp to 180c/350f/Gas 4.</i></p> <p><i>For the topping: Spread the raspberry jam over the top of the pudding. Scatter the fresh raspberries over the jam. Whisk egg whites to soft peaks then add sugar to make meringue. Spoon meringue mix over the top of the pudding and bake in oven for 8-10 mins or until meringue looks golden brown.</i></p> <p><i>Serve and enjoy.</i></p>	