

Heritage Recipes

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Christmas Pudding / Carrot Pudding

From Anita

This Christmas Pudding (Carrot Pudding) recipe was brought to Canada from Scotland by my Great Grandfather, we always have it with Christmas dinner.

Christmas Pudding (Carrot Pudding)

- 1 1/3 cups carrots - grated or put through meat grinder
- 1 1/3 cups potato - grated or put through meat grinder
- 1 1/3 cups suet
- 1 1/3 cups sugar - dark brown
- 1 1/3 cups raisins
- 1 1/3 cups currants
- 1/4 cup peel - glazed
- 1 1/3 cup flour - all-purpose
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1 tsp vanilla
- 2/3 cup milk (sour) or water

Add the baking powder, cinnamon and cloves to the flour. Stir in the first 7 ingredients.

Put soda and Vanilla into the water/milk mix thoroughly combine with the flour mixture. Mix thoroughly.

Put in a greased oven-proof glass bowl, put in steamer. Steam for 4 hours and Keep water boiling.

Top with Pudding sauce.

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Pudding Sauce

1 1/3 Cups Sugar - white
3 Heaping tablespoons Cornstarch
Water - cold (1 - 2 Tablespoons)
1/2 teaspoon Butter
1 Teaspoon Vanilla
4 - 5 Cups Water - Boiling

Optional: Dash Cinnamon

Combine sugar and cornstarch. Moisten with cold water just enough to blend. Put on heat and add boiling slowly until desired consistency. Add butter, Vanilla and cinnamon

Note: to make milk sour remove 1 Tbs of milk and add 1 Tbs of lemon Juice or Vinegar. **Do not** use electric mixer it will chop all the fruit and burn out your mixer!

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