



Baked Christmas Pudding

Orange and spice infused with vanilla and apricot, this English pudding will be the highlight of your dinner.

Makes 12 Servings

Ingredients

450g pitted medjool dates
1 whole orange, with peel
2 eggs
¼ cup olive oil
1 tsp vanilla extract
1 ½ cups raisins
1 2/3 cups apricots, chopped
1 cup orange juice
3 cups almond meal
2 tsp ground cinnamon
½ tsp ground nutmeg
½ tsp ground ginger
Pinch sea salt

For custard (optional):
500 ml almond milk
2 tbsp honey or maple syrup
2 tsp vanilla extract
2 tbsp cornflour or arrowroot
Nutmeg, to taste

Steps

1. Soak raisins and apricots in the orange juice for a few hours or overnight. This will make them plump and moist. Steam the orange for 1 hour until softened. Allow to cook, then chop.
2. Preheat oven to 350° F. Lightly grease twelve 1/2-cup pudding moulds or two 750 ml pudding moulds and line with parchment paper.
3. Combine dates and orange pieces in a food processor. Process for 3 seconds to 1 minute, or until dates have combined with orange and formed a paste.
4. Add eggs, oil, vanilla, cinnamon, nutmeg, salt, and ginger. Process until batter is smooth and creamy. Transfer to a large bowl.
5. Drain the juice from the soaked fruit and discard. Add raisins, apricots, almond meal, and mix well.
6. Divide mixture between moulds, and place moulds into a deep baking dish. Pour enough freshly boiled water to come half way up the sides of the pudding bowls. Cover with a layer of parchment paper and foil, pressing around edges of the pan to completely seal.
7. Bake large puddings for 1 hour 30 minutes, and small puddings for 1 hour 10 minutes. Test each to ensure they are fully cooked before removing from oven. They should be moist in the middle, but not wet.
8. To make custard, heat milk, honey, and vanilla until almost boiling. Thicken with slurry made from cornflour mixed with 2 tbsp water. Add a sprinkle of nutmeg.
9. Invert puddings onto a serving plate. Serve puddings warm or at room temperature with custard or a dollop of Greek yogurt.

Nutrition Information (without custard or yogurt)

373 Calories | 54.4g Carbohydrates | 17.3g Fat | 1.8g Saturated Fat | 7.7g Fibre | 8g Protein | 14mg Sodium | 40.7g Sugar

Source: www.thehealthychef.com