



Together to stop bowel cancer

Matt Tebbutt's Monmouth Pudding

We live in Monmouthshire and my wife's mother used to make this pudding for her when she was small, and now it's a favourite with my children. Very easy and great fun to make.

Ingredients

450ml milk
Zest of 1 lemon
4 tbs sugar
25g butter
90g Breadcrumbs, toasted with a sprinkle of brown sugar
3 large eggs separated
100g of fresh seasonal soft fruit or homemade jam

Method

Pre heat the oven to 150C

Simmer the milk, lemon zest, 1tbls of the sugar & butter. Stir in the toasted breadcrumbs and leave to stand for 30 minutes.

Then stir in the egg yolks & pour the mix into a serving dish. Bake in the preheated oven for 25-30 minutes until just set. Remove from the oven.

Raise the oven temperature to 180C. Scatter the mixture in the dish with the soft fruit or spread the jam over.

Whisk the egg whites until they form firm peaks. Fold in the remaining 3tbls sugar and whisk again until stiff. Spoon over the dish and put in the oven for 10-15 mins until golden.

Serve warm.

Photo credit: Chris Terry

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