

## Suet Pudding Recipe

- **Preparation Time:** 40 minutes
- **Cook Time:** 4 hours
- **Serves 4**

### Ingredients

- 2½ tablespoons of dripping or vegetable oil
- 2 onions, halved and sliced
- 1 large carrot, diced
- 2 bay leaves
- 2 tablespoons plain flour
- 1 teaspoon English mustard powder
- 400grams diced lean stewing steak
- 2 kidneys (about 150grams), halved, cored and cut into chunks
- 400milli-litres strong beef stock
- mashed potato and greens, to serve

### For the suet pastry

- 300grams plain flour
- 1 teaspoon baking powder
- 150grams beef suet
- soft butter, for greasing
- chopped parsley (optional)

### Method

- **STEP 1**

Melt 1 1/2 tbsp of the dripping or vegetable oil in a large, non-stick pan. Fry the onions, carrot and bay leaves for 15 mins, stirring frequently, until golden.

- **STEP 2**

Mix the flour, mustard powder and some seasoning in a large bowl, then toss in the steak and kidney until they are coated. Remove the vegetables from the pan with a slotted spoon and set aside. Add the remaining dripping or vegetable oil to the pan and fry the meat until browned.

- **STEP 3**

Stir the stout into the remaining flour left in the bowl, then pour into the pan of meat with the stock, and stir over the heat until thickened to create the gravy. Return the vegetables to the pan. Cover tightly and simmer for 1 hr 15 minutes -1 hr 30 mins, stirring frequently, so that the flour in the sauce doesn't stick to the bottom of the pan. If necessary, add a drop or two of water to loosen the consistency, but not too much as you want a thick gravy. The meat won't be completely tender, but it will cook further in the pudding. Set aside to cool or chill overnight.

- **STEP 4**

To make the suet pastry, put the flour, baking powder and suet in a bowl with 1/2 teaspoon of salt. Pour in 150milli-litres of cold water and stir with a round-bladed knife to bring the mixture together as a dough. Tip onto a lightly floured surface, knead briefly until smooth, then cut off 1/4 and set aside.

- **STEP 5**

Very generously grease a 1.2-litre pudding basin. Roll out the biggest piece of dough to a circle large enough to line the inside of the basin right up to the rim. Press the pastry into the basin so that it is an even thickness, then spoon in the steak & kidney mixture. Roll out the remaining pastry to make a round to fit as a lid on top of the basin. Brush round the edge with water, then place on top of the filling, wetted-side down, and seal all the way round with the sides to enclose.

- **STEP 6**

Cover the basin with a double layer of greased baking parchment and foil, pleating them first to allow for expansion (alternatively, use a muslin cloth). Then tie with string, adding a string handle for easy lifting in and out of the pan.

- **STEP 7**

Put an upturned heatproof saucer in the base of a large pan and put the pudding basin on top. Pour in boiling water from the kettle to come 3/4 up the side of the basin, then cover the pan tightly with a lid. If you can't close the pan, cover tightly with foil instead and leave to simmer for 2 hrs over a low heat. If you need to, top with more boiling water, but if the seal is tight, this shouldn't be required.

- **STEP 8**

Remove the pudding from the pan and leave to settle for 5 mins, then turn out onto a plate, scatter with parsley (if you like), and serve with mash and greens.