

## BETTY'S MUM'S CHRISTMAS PUDDING



Since she married, Betty made Christmas pudding every year without fail. However, she stopped when her husband sadly passed away. For the film *Spiritual Flavours*, Betty has cooked the Christmas Pudding for the first time in twenty-two years. In making the pudding, she has used the calico cloth in the way her Mum would have used it.

### CHRISTMAS PUDDING INGREDIENTS

1lb of currants, sultanas and raisins  
 1/2 lb of butcher's suet  
 1 lb of brown sugar  
 1 teaspoon of nutmeg spice  
 1 teaspoon of cinnamon  
 1 lb of grated bread crumbs  
 3 1/4 lb of plain flour  
 Mixed peel  
 1 teaspoon of salt, bread soda  
 4 large eggs  
 1 cup of Guinness  
 1 glass of whiskey  
 1 grated apple

### METHOD

Mix all the dry ingredients.  
 Then add and mix wet ingredients.  
 Grease bowl with margarine.  
 Cover with grease greased paper and tin foil.  
 Boil for eight hours. Enjoy when cooked,  
*Mammy x*