

# Baked Carrot Pudding

## Ingredients

- 350g carrots (peeled and trimmed)
  - 250g (4 cups) fresh breadcrumbs (made from 2-day-old white bread, crusts removed)
  - 110g butter (or suet), diced
  - 120g sultanas
  - 100g currants
  - 80g (1/3 cup) white granulated sugar
  - 3 eggs (beaten)
  - 1/4 teaspoon ground nutmeg or ground cinnamon
- milk (optional)

## Note

Carrot puddings have been made for centuries in Britain and Europe. Be sure to use homemade breadcrumbs, as prepackaged alternatives will not give the required light texture. The carrot-coloured splotches on the Rouse family's edition of *The book of household management* (1863) inspired me to make this dish. It is delicious served warm with ice-cream, or cold as a light alternative to fruitcake.

## Directions

Grease a 23-cm pie dish.

Boil or steam the carrots until very tender. Drain them and allow them to cool. Transfer them to a bowl and mash them to a pulp.

Preheat the oven to 180°C (160°C fan-forced).

Combine the mashed carrot with all the other ingredients and mix well. Ideally the mixture should be the consistency of thick batter, but add milk if it seems heavy and dry. Transfer the mixture to the pie dish and bake for 45–50 minutes, or until a skewer inserted in the centre of the pudding comes away clean. Allow to cool a little before serving.

