



Sunday food

QUICK, SIMPLE AND TASTY

Food editor: Wendy Hargreaves

Light and bright pudding



GUY GROSSI

Head chef Grossi Florentino, Mirka at Tolarno Hotel

CHRISTMAS wouldn't be the same without old-fashioned fruit pudding.

It's a tradition that comes from the Australian side of my family. The recipe originally came from my wife's grandma. She was an amazing cook.

On the Italian side, we go for panettone at Christmas time, so of course, we have both.

These Christmas puddings are delicious because they are not too sweet and rich — more cakey rather than your standard dense fruit pudding.

I serve it with brandy custard and a glass of prosecco (the Grossi label, of course).

CHRISTMAS PUDDING

Ingredients

100g whole almonds
400g bread crumbs
200g caster sugar
200g plain flour
Pinch of salt
½ tsp ground nutmeg
½ tsp all spice
210g butter
415g sultanas
330g raisins
200g pitted prunes
200g citrus peel
1 carrot, grated
4 eggs
100ml milk
1 orange

METHOD

Pre-heat the oven to 170C. Chop almonds and mix with breadcrumbs, sugar, flour, salt, nutmeg and all spice in a bowl. Add butter and mix in.

Then add sultanas, raisins, prunes, citrus peel and grated carrot and mix well.

In a separate bowl, mix eggs, milk, juice of the orange and orange rind. Slowly add to the dry ingredients and mix well.

Grease 15 dariole moulds and fill with mixture to just below the top. Place in a deep baking tray and ¼ fill the moulds with warm water.



Picture: BRUCE MAGILTON

Cover tray with foil and steam in oven for 90min. Puddings should be firm and moist.

GUY'S BRANDY CUSTARD

Ingredients

½ litre milk
½ vanilla bean
6 eggs
100g sugar
100ml brandy

METHOD

Place the milk and the vanilla

bean in a pot and bring to the boil. Separate the eggs and put yolks and sugar in a bowl. Mix until pale and creamy. Once the milk has come to the boil, pour the milk into the yolk mixture, whisking at the same time to stop the eggs from scrambling. Pour the mixture into a new pot and stir continuously on a low heat with a wooden spoon. Once the mixture coats the back of the spoon, take it off the heat and strain it through a fine sieve into a cool bowl. Stir in the brandy.

BIRTHDAY WINNER

WE have drawn a winner for the exclusive *Sunday Food* first birthday dinner — a money-can't-buy feast in the private dining room of Guy Grossi's new restaurant The Merchant. Sandra Frawley of Craigieburn and 10 friends will enjoy a three-course Venetian meal, hosted by Guy, with each guest receiving a hamper from Guy's favourite cheese company, Mil LeL.

Sunday ^{Herald Sun} 5 of the best

Christmas puddings

1 FRANK FOOD AND ME Farmers' markets across Melbourne, frankfood-andme.com

USING sun-dried fruit from fellow stall-holders at farmers' markets,

Kath Clarke creates a super-moist and fabulous

Christmas pudding (\$24 for 750g, or \$26 for gluten free) with liberal dollop of Seppeltsfield's Barossa Valley Grand Muscat, along with crunchy locally grown and roasted almonds and a hint of ginger. Find Kath's stall at the Melbourne Showgrounds Farmers' Market from 9am to 1pm today and Gasworks in Port Melbourne on Saturday.

2 LE TRAITEUR 552 Lonsdale St, Melbourne, 9670 0039, letraiteur.com.au

GET your orders in early for this old-school plum pudding (\$30 for 900g), generously spiked with Invalid Stout and top-shelf brandy and served with a tub of anglaise sauce. And why not order some brandy butter or clotted cream (\$5 for 250ml)? The clever caterers at Le Traiteur also make fantastic glazed hams (\$20/kg) and gingerbread biscuits (\$15 for 8).

3 LARDER FROMAGERIE AND PROVISIONS 14a Camp St, Beechworth, 5728 2299, larderbeechworth.blogspot.com

THIS rich sago plum pudding (\$42 for 750g) is as close to home-made as you can get. Beechworth chef Cate Hardman uses local ingredients to make

the gluten-free pudding, which comes in a china bowl for easy steaming at home. This store is a treasure chest for Christmas, selling tasty turkey stuffing with cous cous/almond/peaches or rice/cranberry/pistachio (\$22 for 500g). They also stock an extraordinary range of handmade cheeses and smallgoods.

4 LAFAYETTE FINE FOODS 355 New Street, Brighton, 9596 1867, lafayettefinefoods.com.au

THIS pudding (pictured, \$39.95 for 900g) is made to an Irish recipe, so it has big dashes of brandy and stout. But the dried fruit doesn't overpower the pudding, making it lighter, with a more subtle flavour than

most. While you're picking up a pudding, check out Lafayette's cute rocky

road Christmas trees and pudding truffles.

5 PUDDINGS ON THE RITZ Sold at David Jones and Le Petit Gateau, 458 Little Collins St, Melbourne, 9944 8893, puddingsontheritz.com

SELF-taught cook Liz O'Shaughnessy starts baking her famous Christmas puddings in July, hand mixing the rich dessert with raisins, sultanas, currants, apricots, almonds, carrot and apple soaked in lashings of stout and brandy. The puddings range in size from 200g (\$12) to a hefty 1.4kg (\$58), but are all made with the same care and quality ingredients.

In season ... zucchini

HEAVY rain has sparked a growth spurt for the water-dense zucchini, so farmers Craig and Shelley Heppell are picking the summer veggie three times a day. Zucchini turn bland if they're allowed to grow too big, but smaller versions are full of flavour.

The Heppells will continue harvesting into early autumn at their Green Gully Organics farm 55km east of Melbourne.

Find the Heppell's zucchinis (three for \$2) at the Melbourne Showgrounds Farmers' Market from 9am-1pm today.



vicfarmers markets.org.au

Festive treats

ICE CREAM on a stick is even more fun to eat when you make it yourself.

CHRISTMAS ICE CREAMS

Ingredients

16 icy-pole sticks
1 cup dark choc melts
For strawberry ripe stars:
2 litres vanilla ice cream
3 x 52g Cherry Ripe bars, finely chopped
1 tsp strawberry essence
Red food colouring
For choc-peppermint trees:
2 litres vanilla ice cream
½ cup dark choc chips
1 tsp peppermint essence
Green food colouring

METHOD

Grease two 20cm x 30cm lamington pans. Line base and sides with baking paper, allowing 2cm overhang.

For the stars, mix ice cream,

Cherry Ripe and essence in a bowl. Tint pink with food colouring and spread into one of the prepared pans. Cover with plastic wrap. Freeze overnight.

To make trees, mix ice cream, choc chips and essence in a bowl. Tint green, combine and spread into the other greased pan. Cover with plastic wrap. Freeze overnight.

Line a third tray with baking paper. Cut stars from strawberry ice cream. Place on tray. Make a slit to insert an icy-pole stick. Freeze for at least 4 hours. Repeat with peppermint ice cream.

Microwave choc chips for 1-2min, stirring every 30sec with a metal spoon. Allow to cool. Place chocolate in snap-lock bag. Snip one corner from bag and decorate. Freeze for 1 hour or until set. Serve.

Recipe: *Super Food Ideas*, on sale now for \$3.25.

