



SOFT FRUITS

TIP

If you are making jam with your soft fruits, remember that sugar has a hardening effect, so tough skinned fruits (e.g. blackcurrants) should always be simmered in water before sugar is added to the pan.

HINT

Try to eat soft fruits seasonally, when they'll be at their absolute best and packed full of flavour. Not only that but they'll be better value and more nutritious than something that's been shipped half way around the world!

FACT

Did you know that as soon as a fruit or vegetable is harvested, the nutritional breakdown begins? Many vitamins present before harvest are highly unstable. One of the nutritional benefits of buying local and keeping those food miles low.

Classic Summer Pudding (V)

Summer pudding is such a classic dessert and makes the most of delicious summer berries. Ideal to make the day before serving.

You will need (for four):

750g mixed summer fruit (e.g. blackberries, raspberries, red or blackcurrants)

175g caster sugar

1 medium loaf good-quality white bread, slightly stale

Prepare the fruit by removing any stalks, leaves or stems. Place the fruit in a pan with the sugar and 1–2 tbsp. water. Place the pan on a low heat and simmer the fruit gently until the juice runs out of the fruit but the fruit retains its shape. Remove from the heat. Cut the bread into thin slices and remove the crusts. Line a pudding bowl with the bread making sure there are no gaps and keep enough bread for the top of the pudding. Pour most of the fruit and juice into the bread lined bowl and push it down with the back of a spoon. Place the remaining bread on top and then put a small plate inside the bowl on the top layer of bread. Put a heavy weight (or a couple of cans of beans) on top of the plate to push the pudding down. Let it cool, then place in the fridge overnight. The next day, remove the weight and plate and run a knife around the edge of the bowl. Turn the pudding out onto a serving plate. Serve with the reserved berries and juice and a dash of cream.

