

Gluten-Free Festive Steamed Pudding



Preparation time: 45 mins

Serves: 6 people

User Rating: ★★★★★

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Plump, moist fruits. Airy, light pudding. Family festive flavours. Hello nostalgia, we've missed you.



In this Festive Steamed Pudding recipe from ex-MasterChef competitor and expert family recipe developer, [Hoda Hannaway](#), rich holiday flavours come together in a memory-invoking symphony. It's nostalgic, modern take on a classic dessert, and naturally gluten-free. Learn how to make it below.



Ingredients

- 2 cups dried fruit mix

- ⅓ cup fruit juice or water
- 2 cups gluten-free Self Raising Flour
- 2 tsp bicarb soda
- ¼ cup brown sugar
- ¼ cup white sugar
- 2 Tbsp psyllium husk gel *
- 2 eggs
- 2 cups milk
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp mixed spice**
- Oil spray for greasing

Method

1. Place the dried fruit and fruit juice in a large bowl and allow to soak for at least 4 hours or overnight.
2. Meanwhile, combine all the ingredients in a medium size mixing bowl and whisk together until smooth. Cover and set aside for at least 45 minutes to allow the ingredients to activate together.
3. Fold the fruit mixture through the batter. Place in a greased pudding tin (or any other tin you have available) and cover with baking paper. Place tin in a bain marie (water bath) and cover with foil. Steam in an oven preheated to 180°C for approximately 3-4 hours (depending on the size of the pudding).
4. Serve with pouring custard.

Notes

*If you don't have mixed spice, add ½ tsp ground ginger and ½ tsp ground caraway.

**To make the psyllium husk gel, mix ½ tsp psyllium husk with 5 tsp hot water.