

Summer berry pudding



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Preparation: about 20 minutes
Cooking: about 5 minutes
Serves: 8

10 slices (approx.) 2–3 day old rustic white sliced bread, crusts removed

1 cup caster sugar

½ cup water

500g small strawberries, hulled and halved lengthways

250g blueberries

250g raspberries

Extra berries and thick cream, to serve

1. Lightly grease a 7-cup pudding dish and line the base with a circle of baking paper. Line the base and sides with bread, pressing bread to seal and fill any gaps with pieces of bread.
2. Combine sugar and water in a medium saucepan over medium-high heat. When boiling, add strawberries and cook for 1 minute. Gently stir in blueberries and raspberries and cook for 1–2 minutes until glossy. Drain berries in a sieve over a large bowl to catch berry juices.
3. Spoon drained berries into prepared dish and gently press to smooth surface. Turn bread edges over berries, and top with remaining bread to cover and seal berries. Reserve $\frac{2}{3}$ cup berry juices and evenly drizzle remaining juice over pudding. Cover with a circle of baking paper. Line with a tight fitting plate or cake tin, top with heavy canned food (or similar weights) and refrigerate overnight. Refrigerate reserved berry juice in an airtight container until ready to serve.
4. To serve, carefully run a blunt knife around edge of pudding and turn out onto a serving plate. Drizzle with reserved berry juices. Decorate with extra berries and serve with thick cream.



Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. Antioxidants help protect many body tissues, especially as we grow older and produce less of our own antioxidants.