

RECIPE FROM THE HISTORIC KITCHEN

"GLENEDYTH" CHRISTMAS PUDDING

ORIGINAL RECIPE

The Canadian Family Cook Book; A Volume of Tried, Tested and Proven Recipes, edited by Grace Denison, revised and enlarged, (Toronto: McLeod and Allen, 1914), pages 218-219.

1½ lbs. breadcrumbs.	2 oz. almonds, blanched and sliced.
½ lb. flour.	2 oz. candied peel.
2 lbs. chopped suet.	2 oz. citron.
2 lbs. raisins, chopped.	2 oz. preserved ginger finely chopped.
2 lbs. currants.	2 small nutmegs.
2 lbs. sugar.	2 limes, juice and finely chopped rind.
18 eggs.	1 teaspoonful salt.
1 claret glass brandy.	1 wine glass maraschino.

Mix all to a stiff paste, moistening with a little milk if necessary, but be careful, for milk will make the pudding heavy. The eggs and milk should be stirred into the ingredients after they have been thoroughly mixed together, and last of all the brandy and liqueur. This pudding will take 10 hours to boil, and is large enough for a party of sixteen.

Sauce.--Put ten yolks of eggs in a stew-pan, four ounces of sugar, one pint of milk. Stir over the fire in a "bain marie" (double boiler) till a rich custard has been formed; add a claret glass of Noyeau; strain the sauce and serve hot. Instead of Noyeau three-quarters of a pint of Madeira may be used.

HISTORIC BACKGROUND

This wonderful **Christmas Pudding** is named after **Glen Edythe**, home to Edith and Samuel Nordheimer, good friends and immediate neighbours of the Austins of Spadina. It was built on Davenport Hill in 1871, several years after Spadina, but demolished in 1921. Perhaps the Austins visited at Christmas and enjoyed Mrs. Nordheimer's plum pudding.

A **wineglass** is 1/2 cup, a **claret glass** 1/4 cup. **Maraschino** is an Italian cherry liqueur, **Noyeau** is fruit brandy, and **Madeira** is fortified wine from the Madeira Islands.

The Canadian Family Cook Book was a compilation of family recipes from prominent Canadian women, such as "Mrs. Timothy Eaton". Many of them were published earlier in *The New Cook Book* (Toronto, 1906). Editor Grace Denison wrote for *Saturday Night* magazine as columnist "Lady Gay".

OUR MODERN EQUIVALENT

Mrs. Nordheimer's recipe is enormous, so we have halved it. We find that using hands rather than a wooden spoon leads to a much better texture because the ingredients are more thoroughly blended. Prepared suet is available in the freezer of many supermarkets, particularly from early November through December. Or your local butcher can cut it directly from the beef carcass. Fresh suet handles best if very cold, even frozen; shred it on a grater and remove any stringy bits. Suet pudding may be made ahead and frozen for up to 6 months. It must be thoroughly reheated before serving, either by resteamming in the pudding bowl or, wrapped in tinfoil, putting it in the oven for a couple of hours.

1500	mL	dried breadcrumbs made from fresh bread	6	cups
50	mL	sliced blanched almonds	¼	cup
250	mL	white flour	1	cup
500	mL	white sugar	2	cups
2	mL	salt	½	tsp
550	mL	each raisins and currants	2¼	cups
125	mL	candied peel	½	cup
1		lime, juice and grated peel	1	
50	mL	preserved or candied ginger	¼	cup
15	mL	nutmeg	1	Tbsp
1125	mL	prepared suet, lightly tamped down	5	cups
9		medium eggs	9	
25	mL	brandy	⅛	cup
50	mL	maraschino or cherry liqueur	¼	cup

- Bring: cold water (just enough to reach midway up pudding bowl) to boil in large stockpot with lid
- Grease: 2.5 L (2 British quarts; 10 cups) pudding bowl, then set circle of parchment paper on bottom
- Combine: breadcrumbs, almonds, flour and sugar in very large bowl
- Combine: salt, raisins, currants, candied peel, lime juice and peel, candied ginger and nutmeg in separate bowl
- Mix: spicy fruit mixture into dry ingredients
- Blend in: suet
- Beat: eggs to a froth, about 3 minutes with electric mixer or 10 minutes with whisk
- Pour: eggs into well in centre of mixture
- Blend: thoroughly until no sign of dryness is left
- Blend in: brandy and maraschino
- Turn into: prepared pudding bowl, tamping down gently to fill all space and smoothing top of pudding with fingers
- Cover: pudding with square of parchment paper
- Tie on: 48 cm x 48 cm (20" x 20") dampened pudding cloth, tying up 4 corners to form a handle
- Lower: pudding bowl into simmering water and cover with lid
- Steam: pudding for 5 hours in constantly simmering water; add more boiling water if necessary
- Remove: cooked pudding from water; untie cloth and peel off parchment paper
- Turn out: hot pudding onto warmed platter if for immediate serving,
OR if for future serving
- Turn out: on greased rack and let cool completely; wrap in tin foil and store in cool place

MADEIRA SAUCE:

10		medium egg yolks	10	
125	mL	white sugar	½	cup
625	mL	rich milk or light cream	2½	cups
125	mL	Madeira	½	cup

- Beat: yolks until thick in top of double boiler, about 5 minutes with electric mixer or 10 minutes with whisk
- Blend in: sugar, then milk

Cook: for about 25 minutes or until wooden spoon is thickly coated; stir frequently
Remove: sauce from heat
Blend in: Madeira

Yield: 10 - 12 servings

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