

Summer Pudding

– Margaret White

Crustless whole grain bread

1½ - 2 lb soft mixed fruit (berries, etc. If black currants, use a small amount. If strawberries & raspberries don't overcook)

½-¾ c brown sugar

Cream (whipped or table) or custard

Milk

1. Grease a medium sized bowl.
2. Line with crustless bread moistened with milk.
3. Cook fruit as necessary, with sugar to taste. Reserve some juice. Fill centre of bread-lined bowl with fruit.
4. Cover with remaining bread. Put a plate on top and invert. Place something heavy on top to weigh it down. Refrigerate for at least eight hours.
5. Turn out of bowl. Drizzle with remaining juice. Serve with cream or custard.