

STEAK AND KIDNEY PUDDING
from Pat Angus
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and a dual US /England citizen)

INGREDIENTS:

8oz All purpose flour

4oz Shredded Suet (You will probably need to find a British food shop* to obtain this. You can also use the suet you can get in the grocery store, but this is time consuming as you have to grate it and it will not be the same with ordinary pastry.)

1lb 4oz cheapest stewing steak

4oz Kidney (If you do not like kidney, you can use all steak. Some people make steak and mushroom pudding.)

DIRECTIONS:

You will need a round Pyrex bowl with a rim that fits in a double cooker.

Chop and mix the steak and kidney and coat this in seasoned flour.

Mix shredded suet and flour and add enough water so that the pastry can be rolled. Save a quarter of the pastry for a lid and roll out the rest to line the bowl.

Place the meat in the pastry shell and add a small amount of water to moisten.

Roll out the remaining pastry and cover the pudding, as with a lid.

Cover the bowl tightly with foil and put it in the top pan of a double cooker. Bring water in the bottom pan to a boil, then lower the heat and add water to maintain the steam. (Note: in lieu of a double cooker, place the Pyrex bowl in a pot and add water to the pot to be halfway up the side of the bowl.)

Steam for 4 -5 hours.

*There is a British food shop in Greenland, NH that is called 'British Aisles'.