

SAMSSites Recipes

Figgy Pudding Cake

The Internet

Figgy pudding is mentioned in Christmas Carols and has been a holiday dessert for many years. It was started in England around the 16th century.

- 1/2 cup of butter
- 2 eggs
- 1 cup of molasses
- 2 cups of dried figs chopped small (I put them through a meat grinder)
- 1/2 teaspoon of lemon rind
- 1 cup of buttermilk
- 1/2 cup of walnuts
- 2 1/2 cups of flour
- 1/2 teaspoon of baking soda
- 2 teaspoons of baking powder
- 1 teaspoon of salt
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- Garnish whipped Cream
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Cream butter and molasses add eggs. Add figs, lemon rind, then add flour, walnuts, baking soda, baking powder, cinnamon, nutmeg. Blend all together in a mixer. Pour into souffle dish and bake for about an hour at 325 degrees until the toothpick comes out clean. I thought it was good. There is no refined sugar in it. Next I will try it with a no gluten flour.

