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Ingredients

Preparation time 20 minutes plus 30 minutes resting time

Cooking time 1 hour 25 minutes

for the shortcrust pastry

- 125g plain flour
- pinch salt
- 60g cold unsalted butter, cubed or grated
- 1/4 tsp lemon juice
- 50ml iced water

for the filling

- 115g butter
- 160g caster sugar
- 30g ground almonds
- 5 egg yolks and 1 egg white
- 80g sharp, best-quality raspberry jam

special equipment

a deep 22cm metal pie dish and some baking beans

Mrs Beeton: How to Cook

Bakewell Pudding

This lovely pudding is one of the treasures of this book. Mrs Beeton used puff pastry for her Bakewell pudding, but a well-baked shortcrust tart case is a better match, giving a crisp contrast to the rich, silky filling. Use homemade raspberry jam if you have it, or choose a sharp conserve to contrast with the sweet filling.

First make the pastry. If you have a food processor, sift the flour and salt into the bowl and mix. Add the cubed butter and pulse until the mixture resembles fine breadcrumbs. Pour the mixture into a bowl.

If you are working by hand, sift the flour and salt into a bowl and add the cubed or grated butter. Rub the butter and flour between your fingertips until it resembles fine breadcrumbs, working quickly to keep the mixture as cool as possible. If it starts to feel sticky, chill the mixture for 30 minutes before moving on to the next step.

Add the lemon juice to the water and pour two-thirds of this into the flour mixture. Blend well with a fork, stirring quickly but gently. Using your fingertips, bring the dough together. Add more water as necessary (you may need to use all of it) until everything is evenly mixed and there are no dry lumps of flour. Bring the mixture together into a smooth, supple lump. Carefully form the pastry into a flattened ball, wrap in cling film and leave it to rest in the fridge for 20 minutes.

Then, roll the pastry out on a floured surface to a 27cm round. Place it in the pie dish, leaving the extra pastry hanging over the edge. Line the pastry with a large piece of non-stick baking paper and then fill with baking beans. Leave to rest in a cool place for 10 minutes.

Preheat the oven to 200°C/gas mark 6.

Place the pastry case on a baking tray and bake for 35 minutes until firm and golden brown. Remove the beans and paper and return the case to the oven for 5 minutes to bake further and dry slightly. Remove from the oven and set aside. Reduce the oven to 160°C/gas mark 3.

Make the filling by melting the butter in a medium pan over a low heat. Remove from the heat, and add the sugar, ground almonds and eggs, beating well to combine. Spread the jam into the pastry case and carefully pour over the filling.

Bake for 15 minutes, then turn the oven to 140°C/gas mark 1 for a further 30 minutes until the filling is just firm to the touch. Trim the pastry hanging over the rim with a sharp knife and cool to room temperature before serving.



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