

Baked Or Boiled Arrowroot Pudding

Ingredients

2 tablespoonfuls of arrowroot, 1-1/2 pint of milk, 1 oz. of butter, the rind of 1/2 lemon, 2 heaped tablespoonfuls of moist sugar, a little grated nutmeg.

Method

Mix the arrowroot with as much cold milk as will make it into a smooth batter, moderately thick; put the remainder of the milk into a stewpan with the lemon-peel, and let it infuse for about 1/2 hour; when it boils, strain it gently to the batter, stirring it all the time to keep it smooth; then add the butter; beat this well in until thoroughly mixed, and sweeten with moist sugar. Put the mixture into a pie-dish, round which has been placed a border of paste, grate a little nutmeg over the top, and bake the pudding from 1 to 1-1/4 hour, in a moderate oven, or boil it the same length of time in a well-buttered basin. To enrich this pudding, stir to the other ingredients, just before it is put in the oven, 3 well-whisked eggs, and add a tablespoonful of brandy. For a nursery pudding, the addition of the latter ingredients will be found quite superfluous, as also the paste round the edge of the dish.

Source: Mrs Beeton's Book of Household Management (1861)

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