

Recipe adapted from *Favourite Welsh Recipes* by A. de Breanski Jnr.



Monmouth Pudding

2 T butter
2 T sugar
1-1/2 c skim milk
Zest of 1 lemon
3/4 c whole wheat bread crumbs
3 egg yolks
1 c strawberry preserves or raspberry fruit curd

Preheat the oven to 350F. Add the milk, butter, sugar and lemon zest to a sauce pan and bring to a boil. Place breadcrumbs in a large mixing bowl and pour the boiling milk into the breadcrumbs. Allow the mixture to cool and swell.

Next incorporate the three egg yolks into the cooled batter. Drop large spoonfuls (about 2 table-
spoons) into each of the 12 compartments in a greased muffin tin, or about 1/4 cup into 4 ramekins. Next melt the preserves and the curd slightly using a microwave and spoon out some of the preserves or curd over the batter. Finally add another layer of the breadcrumb batter and finish with the remaining preserves or curd.

Bake the pudding for 40-45 minutes, or until set. Serves four. Serving suggestion: Serve with a dollop of butter.