

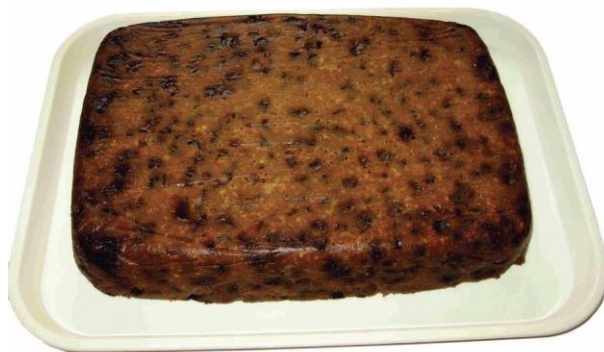


Buckby Feast Week

Bringing life to our village - raising money for charity

Feas Pudn Competition

First Prize: £20 Voucher



Feas Pudn is the old name for this historic dish, traditionally served during the Buckby Feast to family and friends who came visiting at Feast time. So many old traditions have been lost. Feas Pudn is part of our heritage, and the Buckby Feast wants to preserve this slice of our local history. Without your help, it may disappear for ever.

So why not bake a Feas Pudn this year and enter it for the competition?

Entry and Judging

Feas Pudn Competition will take place on Feast Day. August Bank holiday Monday.

- 1 Take your Pudn to the Organiser's Table in the Football Club Function room between 10.30am and 11.30am, NO SOONER or NO LATER.
- 2 Your entry will be received, recorded and a number given. Please indicate if your Pudn is NOT to be given away or SOLD.
- 3 Your Pudn must be COLD and be your own work.
- 4 Judging will commence at 12.00. There will be a Prize for the winner as well as being KING or QUEEN of the PUDN.

Find out
more at

www.facebook.com/buckbyfeast
www.buckbyfeast.org.uk

The Buckby Feas Pudn Recipe

Ingredients

- 1 Small loaf (14 oz) white, brown or a mixture of the two - NOT SLICED BREAD
- 1 pt milk & water mixed together
- 10 oz currants
- 5 oz raisins
- 3 oz sultanas
- 1 oz mixed candied peel finely chopped
- 4 oz light brown sugar
- 4 oz shredded beef suet
- 3 eggs (or 4 small ones)
- 1 Heaped teaspoon mixed spice
- 1 Heaped teaspoon grated or ground nutmeg

Baking parchment (non-stick paper), foil baking tray - either a heavy one or with thick brown paper layer.

Whatever the container you use, grease it very well. It can be lined with greaseproof paper as well as this helps when turning out the Pudn.

Oven temperature

Electric Fan oven 130°C for approx 1 – 1½ hrs then 5 hrs at 120°C.

If using a non fan oven increase each temperature by about 10°C depending on your oven.

Gas mark 3-4 then 1-2, again according to your oven

Method

- 1 Remove all crusts from bread as thinly as possible. Tear the bread into pieces and rub smaller by hand. Place in a mixing bowl, pour over the milk & water mixture, squeeze gently by hand so that all the bread is wet. Cover & leave overnight.
- 2 Squeeze out surplus liquid, by hand, next morning.
- 3 Mix in all the other ingredients adding the eggs last. (this can be done with clean hands) The mixture will be sloppy! If you have not greased & lined your deep dish do it now - the mixture will not take any harm.
- 4 Pour the mixture into the dish, place a piece of greased greaseproof or parchment lightly on the top before covering with foil. Place on prepared baking tray.
- 5 Cook on a fairly low shelf in the oven as described above. Have a peep at the pudn before lowering the temperature just to check that it is OK.
- 6 When you are satisfied that your pudn is a good darkish brown remove the dish onto a cooling tray & leave overnight to become cold.
- 7 Turn out, upside down, remove paper & sprinkle liberally with sugar.
- 8 Note - the Pudn can be made up to a week before the competition - keep it covered in the fridge. It must NOT still be hot when taken to the competition.