

Creative Gourmet

Summer Pudding with Dragon Fruit



Serves
2



Prep Time
10 min



Cook Time
0 min



Ingredients

- 250g Creative Gourmet Frozen Pink Dragonfruit Chunks (thawed)
- 250g Creative Gourmet Frozen Blueberries
- 250g Creative Gourmet Frozen Raspberries
- 125g Creative Gourmet Frozen Mixed Berries
- 1 cup caster sugar
- 10 fairly thick slices of white bread, crusts removed
- Double cream (optional)

Method

1. In a saucepan, combine the sugar and berries and place over a medium heat for 3 minutes, stirring until a syrup forms are slightly softened and remove from heat straight away.
2. Use 6 slices of bread to line the base and sides of a 1.5-litre pudding basin. First, line base with a large round piece (about 10cm). Cut any remaining bread from the 6 slices of bread into thick, tapered fingers (two from each slice) to line sides, placing them side by side.
3. Place just the fruit in the dish, packing it tightly. Pour in half the syrup from the berries and reserve the remaining syrup.
4. Place the 4 remaining slices of bread on top of the fruit, then pour over half the remaining syrup.
5. Cover the dish with a heavyweight, one that is small enough to rest on the pudding itself. It must be able to exert considerable pressure. Perhaps a few extra plates will be needed.
5. Leave the pudding overnight in the refrigerator.



Products Used In This Recipe