

DESSERTS

Week 2

Apple sultana cinnamon suet pudding

Serves: 10



Item Code	Description	Quantity	Pack Size
42019	• Everyday Favourites Self Raising Flour	250g	6x1.5kg
07309	• Aora Vegetable Suet Mix Light	100g	12x200g
96882	• Tate & Lyle Caster Sugar	80g	6x2kg
14831	• Arla UHT Milk	160ml	12x1ltr
19897	• Everyday Favourites Sultanas	120g	4x3kg
70371	• Chef William Ground Cinnamon	10g	6x450g
10451	• Everyday Favourites Solid Pack Apples	200g	6x2.6kg

Key: • Ambient | • Frozen | • Chilled

Method

1. Sift the flour into a bowl then add the suet, sugar, milk, sultanas and cinnamon and mix ingredients lightly together.
2. Mix into a soft dough with water then knead until smooth.
3. Roll out and sprinkle the apples over.
4. Roll the pudding up until it looks like a swiss roll ensuring the ends are twisted. Place onto greaseproof paper and then foil.
5. Place in a steamer for approximately 90 minutes or until cooked.

Nutritional values per portion

Energy (kJ/kcal)	1077/258	Total Sugars (g)	19.0
Fat (g)	9.5	Fibre (g)	2.0
Saturated fat (g)	4.2	Protein (g)	3.6
Carbohydrate (g)	39.2	Salt (g)	0.2

Allergens

Contains:
Cereals containing Gluten, Milk