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This dish created by:



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Baked Nutmeg Spelt Pudding

Ingredients

80g dairy free butter alternative
70g golden caster sugar
100g spelt
1 piece mace
½ vanilla pod, split
675ml oat milk
½ nutmeg, grated
plum jam or jam of choice

Tip – Use a barista style oat milk, this will make it creamier.

Serves 4

Suitable for Vegan | Vegetarian

Method

Heat the oven to 140C/fan 120C/gas 1.

Lightly melt the dairy free butter alternative and sugar in a saucepan on a low heat, don't allow it to colour. Add the spelt, mace and vanilla, and mix. Add ¾ of the oat milk and the nutmeg. Bring to a gentle boil while continuously stirring. Ensure all the spelt is distributed evenly through the pan. As the liquid begins to boil, a layer of scum will begin to form – do not remove this, as it will form the skin during cooking.

Carefully pour the mix into a ceramic or glass baking dish. Stir in the remainder of the oat milk. Cook in the oven, on the lowest shelf, with a baking sheet directly above the spelt pudding on the next shelf up. Cook for 30 minutes and then lower the oven to 120C/fan 100C/gas ½ and cook for a further 1½ hours.

The spelt pudding is cooked when it no longer appears liquid, but thick and creamy. If the skin is not a deep brown colour, pop the dish under the grill and gently colour and crisp the skin. Rest somewhere warm. Serve with jam.

Enjoy!