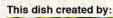
## make your own...





Richard Narramore UoE Exec Chef

## **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!









