

## Bacon Pudding

Bacon pudding is a popular dish with many Traveller families, who often have their own particular recipe handed down through the generations.

***Do any of your pupils eat this dish at home or have their own recipe?***

Traditional Gypsy Bacon Pudding is a suet dough covered with rashers of bacon, slices of onion and sometimes sage, before being rolled up into a sausage shape and boiled in a bag or cloth on a stove, or, originally in a pot over a fire. In the past, stove-simmered puddings were popular due to their simplicity and were a useful way of making scarce ingredients stretch further. Slow-cooked dishes were also prevalent as they meant families could leave things to cook while they were out.

Below are two versions of recipes for this dish, including one by eleven year-old Romany, Lizzie Hughes, which was published on the Travellers Times website.

There are no quantities given in Lizzie's recipe as she knows from experience, rather than using scales, what proportions to use. We have also included an alternative version with specific quantities for less confident cooks!



***Perhaps you could hold a Bacon Pudding bake off and get some parents in to judge or just try it at home?***

### **Lizzie Hughes' Bacon Pudding**

*Ingredients:*

Flour, water, suet, bacon, diced onion.

*You will need:*

Saucepan, a tea cloth (if it's new, first soak it in cold water).

1. Mix the flour, suet and water to make the pastry (put a bit of water in a time - if it's too much just add more flour).
2. Put flour on the table, roll the pastry into a circle with a rolling pin or a tin can.
3. Put the bacon in the middle with the diced onion on top.
4. Roll it up into a sausage shape; dampen the edges so they stick together then roll the pudding in the damp tea cloth or damp muslin
5. Heat water in the saucepan, put a small plate at the bottom of the pan so the pudding doesn't burn, then cook it for an hour at least.

## **Bacon Pudding - Alternative Version**

*Ingredients (serves 4)*

2 cups (225 g) 8 oz flour

1/2 teaspoon baking powder

1/2 teaspoon salt

75 to 100 g (3 to 4 oz) shredded suet

2 onions, chopped

6 bacon rashers, rinded

1/2 teaspoon dried sage

*Method*

1. Sift the flour, baking powder and salt into a bowl.
2. Mix in the suet, then bind with water.
3. Roll out the dough into an oblong.
4. Cover with the onions and bacon, leaving a margin clear around the edge.
5. Sprinkle with the sage, salt and pepper.
6. Dampen the edges and roll up.
7. Tie in a cloth and boil for 2 hours, or steam wrapped in greaseproof paper for 3 hours.