



The Edible Garden

Recipe featured at the
Garden-to-Table Weekend featuring Berries and Fall Fruits
demonstration, September 11

Summer Pudding

By: Gillian Duffy, Culinary Editor, *New York Magazine*

Ingredients

5 cups berries (3 cups blueberries, 1 cup raspberries, 1 cup blackberries)
1/2 cup sugar
Zest from 1 lemon
1/4 cup Chambord
5 – 6 slices good white bread, with crusts removed, about 1/4-inch thick

Instructions

1. Wash and rinse the fruit and remove any stems or leaves. Put the blueberries in a saucepan with the sugar and lemon zest and cook over medium heat for a few minutes until the berries start to break down. To speed up the process, a potato masher can be used to break down the blueberries. Add the remaining raspberries and blackberries and cook for about 4 minutes, stirring continuously with a wooden spoon until all the berries are slightly crushed. During the last minute add the Chambord. Set aside to cool.
2. Line a 4 cup pudding basin/bowl with plastic wrap leaving a 3-inch overhang. Cut three slices of bread into triangular wedges, and line the sides of the bowl with the bread, making sure there are no gaps between the seams. The slices should fit together exactly. Cut a round of bread to place at the bottom of the bowl.
3. Pour the fruit mixture into the bowl over the bread, and cover the top with the remaining slices of bread, which should also fit together so that there are no gaps. Place a small flat plate on top that fits neatly inside the rim, and fold over the plastic wrap. Place a weight on top and refrigerate for 24 hours.
4. *To Serve:* Open the plastic wrap and remove the plate. Invert the bowl onto a serving platter, taking care not to spill any excess juices. Remove the plastic wrap. The fruit will have completely saturated the bread and it will be a wonderful dark purple color. If any white bread remains, spoon some of the extra juices over it.