



BAHAMIAN PUMPKIN PUDDING

This is a lovely sweetly spiced, luxurious pumpkin pudding (not pumpkin pie) it is gluten free and tastes simply amazing. I adapted it from a recipe my late ex Father in Law used to make, he was from the Bahamas and it is a very popular dish there.

Ingredients

150g finely ground almonds (almond flour)
3 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon all spice
3/4 teaspoon ground nutmeg
1/2 teaspoon ground ginger (you can use fresh grated ginger as well)
1/4 teaspoon ground cloves
1/2 teaspoon salt
a handful of roughly chopped walnuts
200g pureed pumpkins (you can oven bake before making the puree)
250ml milk
1 teaspoon vanilla
230g unsalted butter
240g sugar
60g soft brown sugar
3 extra large eggs

Method

- preheat the oven to 180°, grease a baking dish or ceramic dish - 2 to 2.5L capacity and set aside
- mix the flour, baking powder, cinnamon, all spice, nutmeg, ginger, cloves, salt and nuts in a bowl, set aside
- mix pumpkin, milk and vanilla in another bowl, set aside
- In a large bowl, either a stand mixer or bowl and hand whisk, beat the sugars and butter until light and fluffy (about 3 minutes).
- Add the eggs and beat until incorporated, reduce the speed to low and add flour and pumpkin mixtures alternating.
- Pour batter into the dish and bake for about 40 minutes
- Check at 20 minutes and lightly stir the mixture
- the finished pudding should be soft and moist and brown on top.

Notes

To serve -

It is delicious with ice cream or heavy/double cream/soya cream, you can also add a sprinkle of extra nuts on top, I use a few more walnuts and flaked almonds.

As an added touch of luxury you can also soak a few sultanas (100g) overnight before making this cake - this is usually done with Rum in the Bahamas but you can just use warm water. Add to the cake batter just before pouring into the baking dish.

This is Grumpy Grandad, aka Harold Stuart and my son Ryan at his christening almost 30 years ago. Harold was born in the Bahamas and this is his recipe.

