

Lesley Waters

COOKERY
SCHOOL



Dorset Spotty Dicks

Serves 6

150g dried berries and cherries
60ml Somerset brandy
225g self raising flour
110g butter
50g caster sugar
2 large eggs, beaten
milk
1 large orange, zest only

for oranges in caramel

2 large oranges peeled and segmented
200ml fresh orange juice
110g caster sugar
4 tbsps runny Dorset honey
3-4tbsps Somerset brandy (optional)

1. Soak the berries and cherries in the brandy and set to one side for a few hours or overnight if possible.
2. Pre-heat the oven to 180C fan assisted, Gas 5.
3. Generously butter 6 ovenproof teacups or ramekin dishes.
4. Rub together the butter and flour until it resembles fine breadcrumbs.
5. Stir in the sugar and berries; add the beaten eggs, orange zest and enough milk to make a softish mixture that drops easily from the wooden spoon.
6. Divide the mixture equally between the cups and place in a roasting tin half fill the tin with boiling water. Cover the tin with a sheet of foil and seal the edges.
7. Carefully place in the oven and cook for approximately 25 to 30 minutes until springy.
8. Remove from roasting tin and allow to sit for a few minutes before turning out. Loosen the puddings using a small knife.
9. Arrange on a platter or individual serving plates and top each with the orange segments and spoon over the caramel and honey sauce.

To make the caramel and honey sauce

Place the sugar in a heavy medium sized pan and place over a medium heat. Allow the sugar to dissolve and bubble until it caramelizes. DO NOT STIR. As the sugar begins to caramelize gently rock the pan to allow any remaining sugar to dissolve. When golden and bubbling, carefully remove from the heat and add the orange juice, brandy (be careful it may splutter a little and may look set and hard on the bottom of the pan) return to the heat and gently bring to the boil and stir until syrupy. Add the honey and pour over the puddings.

