

CHRISTMAS PUDDING – A FESTIVE BRITISH DESSERT (БРИТАНСЬКИЙ РІЗДВЯНИЙ ПУДИНГ)

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У доповіді наводиться інформація про найулюбленіший різдвяний десерт британців – різдвяний пудинг, його рецептура, технологія приготування, подача, традиції споживання.

No British Christmas feast is complete without its pudding. Soaked in tradition, symbolism, and enough booze to float a battleship, the pudding holds deep-rooted cultural, historical, and religious significance for any Christmas-loving Brit.

Some form of the dish has featured on Britain's dining tables every Dec. 25 since medieval times. In keeping with the nation's reputation as a booze-loving isle, the dessert includes alcohol at every stage of its preparation and serving.

Christmas pudding first started resembling its modern-day guise in the Victorian era, when Dickens described it and its typical serving ritual in "A Christmas Carol": "A speckled cannon-ball, so hard and firm, blazing in half of half-a-quarter of ignited brandy, and bedight with Christmas holly stuck into the top." Though published in 1843, those same words could easily be used to describe the dessert today.

The "speckled cannon-ball" traditionally contains a mix of 13 ingredients, symbolizing Jesus and the 12 apostles. These can include dried fruit, nuts, flour, breadcrumbs, sugar, spices, eggs, alcohol, and suet, a raw beef or mutton fat.

Christmas pudding holds historical importance as well. Many ingredients are sourced from around the globe, symbolizing the British Empire. This understandably leaves a bad taste for some.

Preparing the pudding is a family affair. It takes place five weeks before Christmas, on the last Sunday before Advent, known as "Stir-up Sunday." On that day, each family member makes a silent wish while they stir the pudding from east to west in honor of the journey of the Wise Men. Various metal trinkets may also be included at this time to bring further luck. The mix is then placed inside a greased pudding mold, steamed on the stove for a number of hours, then left to age in a cool, dry place before its Christmas Day unveiling.