



BAKED IRISH RAISIN PUDDING served with a lemon sauce is delicious and pretty. Post raisin bran with sugar-coated raisins, an important ingredient in the dish, contributes greatly to these two features. The cereal also provides added nutrition.

IRISH PUDDING

Even today the legend persists that it was the tiny leprechauns who taught the Irish how to laugh and enjoy life. And whether one chooses to believe this or not the fact remains—the mere mention of the Emerald Isle brings a twinkle to one's thoughts.

These happy people naturally enjoy good food but they favor the wholesome, ruddy-cheeked type of meals with hearty servings of potato, Irish stew or the pride of the country—Irish cured hams.

When it comes to desserts, their puddings have earned the well-deserved fame of the entire world. One particular favorite is Baked Irish Pudding. Here it is after being given the old American glamping treatment... that of adding popular raisin bran cereal to the ingredients that make up this dish.

Raisin bran, with sugar-coated raisins, has a great deal of appeal among the younger set at the breakfast table, too, but is equally good and nutritious in dishes such as this one.

1 1/4 cups flour
3 teaspoons double-acting baking powder
1/4 teaspoon salt
1/8 teaspoon nutmeg

1/2 cup butter or other shortening
1/4 cup sugar
2 eggs, well beaten
1 1/4 cups milk
1 cup raisin bran, coarsely crushed
Lemon Sauce

Sift flour once, measure, add baking powder, salt, and nutmeg and mix again. Cream shortening and sugar and cream well, blend in eggs. (Batter will be slightly curdled.)

Add sifted dry ingredients and milk alternately to the creamed mixture. Fold in crushed cereal. Pour into greased molds or custard cups and cover tightly with foil. Bake in moderate oven (350 degrees F.) for 30 minutes. Serve with hot Lemon Sauce. Makes 6 servings.

Lemon sauce: Combine 2/3 cup sugar, 1 tablespoon cornstarch, and 1/2 teaspoon salt in saucepan; mix well. Add 1 cup boiling water gradually, stirring constantly. Cook and stir over medium heat until mixture comes to a boil. Boil 3 minutes, stirring constantly. Remove from heat. Add 1 tablespoon butter, 1 teaspoon grated lemon rind, and 2 tablespoons lemon juice. Makes 1 1/4 cups sauce.



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