

# 1914 – 2014

## Calling all Long Buckby Kitchen-ers

### Your Village needs YOU to make a **Buckby Feas Pudn**



### Buckby Feas Pudn – History and Hints

We have reverted to the original name in old “Buckby Language” - Feas Pudn. A local country recipe, made by country people with ingredients found in houses or specially bought for Buckby Feast, when people returned home for the celebrations and ate as much Pudn as was offered when visiting friends & relations!

Here are some helpful hints (and a bit of history) to help you make your Feas Pudn.

- **BREAD** – was *proper* bread Our sliced cotton woolly type didn't exist, thank goodness, and will NOT get a successful result. Adams white or brown, any homemade white or brown will be suitable.
- **SUET** – vegetable or fat reduced did not exist. Please use *beef* suet (other fats are not suitable).
- **DRIED FRUIT** – currants, sultanas, raisins (these were called dark sultanas as distinct from the light sultanas). Glace cherries didn't exist – do *not* use them.
- **CANDIED PEEL** was home made. Orange & lemon – ready prepared is quite suitable.
- **EGGS** were not size graded so medium or large can be used. Too large or too small are not a good ideal! Hen's eggs, duck eggs etc – as you please!!
- **MILK** was full fat but using semi-skimmed does not affect the recipe, although using skimmed might.
- **MIXED SPICE** – use basic cake spice and/or nutmeg. Please be generous with it as the taste should be noticeable. Many other spices were not available then.
- **SUGAR** can be white or light brown.
- The bread should be torn or rubbed by hand – no one had processors, though coarse graters were sometimes used. It is soaked *overnight* in the milk/water and must look very well wetted!
- The mixture will be *very runny and lumpy* when all the ingredients are mixed in before baking.
- The Pudn was cooked in earthenware bowls, 2 – 2½ pts size kept especially for the purpose and used only at Feast times. If you have something like this, use it. Failing this, an oblong Pyrex dish, a lasagne dish, a roasting dish or even a thick 8" diameter tin would do. Pudding basins are NOT to be used. Whatever the container you use, grease it *very well*. It can be lined with greaseproof paper as well as this helps when turning out the Pudn.

People took their Pudns to be cooked overnight at the bakehouses – the Co-op in Church St, Palmers in King St, or Bob Clarke's in Brington Rd. This was done after the bread had been baked and the oven was still hot but the embers were starting to cool. This was still being done at the end of the 1940's.

### Entry and Judging

**Please Note** - This year there is a **change to procedure** as we are going back to **Roger's Butchers shop** on **Feast Day**, but in a more organised way!

1. Take your pudn to the **table outside Rogers' shop** between 11:00-11:30am on Feast Day. No sooner, no later.
2. Your entry will be received, recorded and a number given. A red sticker will indicate that your pudn is NOT to be given away.
3. Your Pudn must be COLD and be your own work.
4. Judging will commence at 11:30am

This year there will also be an additional Special Prize for the winner.

# The Buckby Feas Pudn - 2014 recipe

Small loaf (14 oz) white, brown or a mixture of the two - NOT SLICED BREAD  
1 pt milk & water mixed together  
10 oz currants  
5 oz raisins  
3 oz sultanas  
1 oz mixed candied peel finely chopped  
4 oz light brown sugar  
4 oz shredded beef suet  
3 eggs ( or 4 small ones )  
Heaped teaspoon mixed spice  
Heaped teaspoon grated or ground nutmeg

Baking parchment (non-stick paper), foil  
Baking tray - either a heavy one or with thick brown paper layer  
Dish – see hints

Oven temperature:

Electric Fan oven 130°C for approx 1 – 1½ hrs then 5 hrs at 120 °C.

If using a non fan oven increase each temperature by 10 – 15 °C depending on your oven.

Gas mark 3-4 then 1-2 again according to how well you know your oven

## Method

1. Remove all crusts from bread as thinly as possible. Tear the bread into pieces and rub smaller by hand. Place in a mixing bowl, pour over the milk & water mixture, squeeze gently by hand so that all the bread is wet. Cover & leave overnight.
2. Squeeze out surplus liquid, by hand, next morning.
3. Mix in all the other ingredients adding the eggs last. ( this can be done with clean hands ) The mixture will be sloppy! If you have not greased & lined your deep dish do it now - the mixture will not take any harm.
4. Pour the mixture into the dish, place a piece of greased greaseproof or parchment lightly on the top before covering with foil. Place on prepared baking tray.
5. Cook on a fairly low shelf in the oven as described above. Have a peep at the pudn before lowering the temperature just to check that it is OK.
6. When you are satisfied that your pudn is a good darkish brown remove the dish onto a cooling tray & leave overnight to become cold.
7. Turn out, upside down, remove paper & sprinkle liberally with sugar.

Note - the Pudn can be made up to a week before the competition - keep it covered in the fridge. It must NOT still be hot when taken to the competition.

**Your Feas Pudn should look something like this:**

