

Asparagus Pudding

This was a favorite side dish served with the roasts and potatoes at a formal Victorian dinner.

Ingredients

Utensils

1 cup asparagus

4 eggs

2 Tbs. flour

1 Tbs. minced ham

2 Tbs. (1/4 stick) butter

salt

pepper

milk

butter **or** oil

water

Cooking Utensils

knife and cutting board

measuring cup

measuring spoons

wooden spoons

large mixing bowl

double boiler

cookpot **or** microwave-safe dish

Serving

serving dish

serving knife

serving fork

This dish is seasoned to taste. Cut the asparagus tips into pea-sized bits. Do not use the stems for this recipe. Mince the ham very fine. In the mixing bowl, thoroughly beat the eggs. Grease the top of the double boiler with butter or oil. The dish can be prepared up to this point in advance. Add the asparagus, ham, flour, butter, salt, and pepper to the eggs. Mix well. Add enough milk to make the pudding the consistency of a batter. Boil the water in the bottom part of the double boiler on the stove over medium high heat. Pour the pudding into the top of the double boiler. Make sure the lid is tight on the top part of the double boiler and boil the pudding 1 1/2 to 2 hours. If there is no double boiler available, the dish can be cooked in a well-buttered large ramekin tightly tied with a floured cloth and boiled in a cookpot 2 hours. Before the pudding is done, heat the serving plate. Melt the butter in a cookpot on the stove over medium high heat, or in a microwave-safe bowl in the microwave oven. When the pudding is cooked turn it out onto a hot dish and pour the melted butter around it, but not over it. Serve hot.