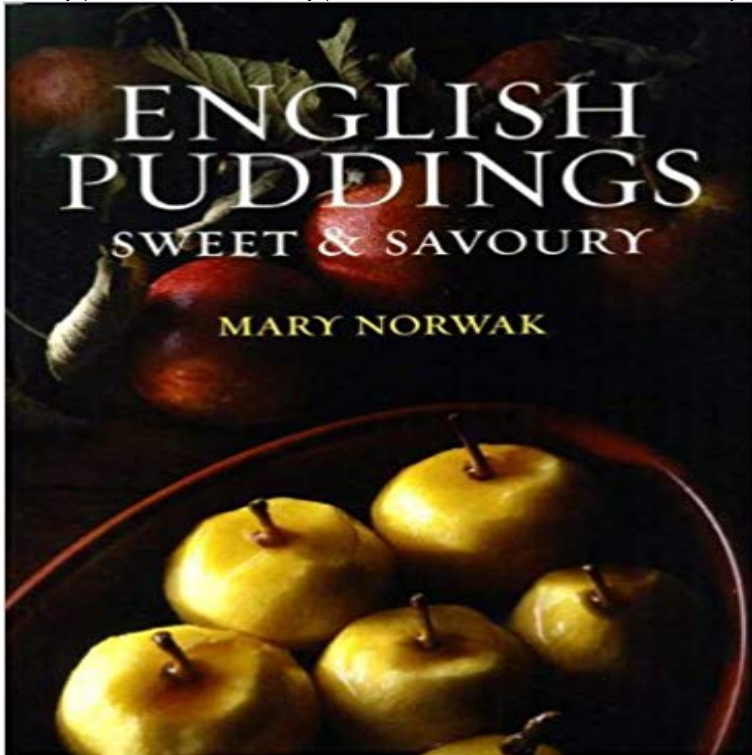


## English Puddings: Sweet and Savoury



Thanks to so many of today's star chefs producing classic hearty meals as their signature dishes, we are all rediscovering the delights of our native puddings, both sweet and savoury; Steak and Kidney Pudding, Pease Pudding and Bread and Butter Pudding are all now appearing on the smartest restaurant menus and rightly so. The culinary pendulum is swinging back to a style of eating consisting of simple, unfussy plates of delicious slow-cooked meats and gently stewed seasonal fruits, many of which virtually cook themselves, and allowing us to eat well without expensive, imported ingredients. In addition to a wonderful collection of recipes which spans flummeries, syllabubs, fools, fritters, dumplings, pies and tarts, Mary Norwak also gives us a fascinating insight into the history of all these now popular dishes. Mary Norwak has been a food writer for many years, and has written more than 100 cookery books. She has contributed to many national newspapers and magazines including The Times, The Guardian, Good Housekeeping and House and Garden. She was also cookery editor of the Daily Express and of Farmers Weekly.

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