



Champion Scottish Cloutie Dumpling

Some years ago the *Sunday Post* ran a competition to find the champion cloutie dumpling. This is the recipe for the winning dumpling. It's brilliant!

Ingredients

6oz self-raising flour
6oz brown or wholemeal breadcrumbs
6oz vegetable suet
1 teaspoon bicarbonate of soda
2 teaspoons cinnamon
1 teaspoon ginger
4oz currants
6oz sultanas
4oz soft dark brown sugar
2 tablespoons syrup
Approx 1½ cups soya milk

Method

Place your clout (clean, not clarty, clout) in boiling water.
Mix all the ingredients together with the milk to make a fairly soft consistency. Make sure everything is mixed really well.
Take the clout out of the water and wring, lay it out flat and dredge it with flour. Smooth the flour over the clout with your hands to get an even spread.
Place the mixture on the clout, draw it together evenly, leaving some room for expansion, then tie the clout with string.
Place a plate in the bottom of a pot and then the clout containing the mixture on top of that. Use a large pot, big enough to completely cover the dumpling with boiling water - that way there should be no need to top up throughout the cooking.
Simmer the dumpling for 2 to 3 hours. Remove it and place it in a colander in the sink. Untie the string and gently pull the corners of the clout apart.
Put a plate over the dumpling in the colander and 'whip' it over.
Carefully peel the clout away.
It's not recommended that you dry off the dumpling.

Mmm!

Let us know how you get on with making your Cloutie Dumpling. We also want to hear about any variations on this recipe and anything interesting you find out about Cloutie Dumplings.

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