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| **PUDDING** |  |
| **PUNNET** |  |
| **BISCUIT CUTTER** |  |
| **BASE** |  |
| **CLING FILM** |  |
| **PUDDING BASINS** |  |
| **EDGE** |  |
| **SHALLOW** |  |
| **REMAINING** |  |

**Handout**

**Ingredients**

* 250 g punnet [strawberries, hulled](https://www.bbcgoodfood.com/glossary/strawberry)

[](https://www.bbcgoodfood.com/glossary/strawberry)

* 125 g punnet [blueberries](https://www.bbcgoodfood.com/glossary/blueberries)

[](https://www.bbcgoodfood.com/glossary/blueberries)

* 125 g punnet [blackberries](https://www.bbcgoodfood.com/glossary/blackberry)

[](https://www.bbcgoodfood.com/glossary/blackberry)

* 85 g golden caster sugar
* 6 thin slices of bread from a gluten-free loaf, see tip above

**Method**

* 1. Cut strawberries in half, then put into a saucepan with other fruit, sugar and 3 tbsp water. Use a large saucepan so the fruit is in a shallow layer. Heat on low for 2-3 minutes until the juice runs from the fruit. Remove from the heat.
  2. Using biscuit cutters, stamp out four 5.5cm circles from the bread, then use a 7cm cutter for another 4 circles. Put the smaller circles into the base of four 175ml pudding basins.
  3. Spoon in the fruit, then top with the larger circles. Press down, then spoon over just enough juice to colour the bread red. Cover with cling film and put a weight (such as a jar of jam) on top. Refrigerate for at least 4 hours, or overnight. Reserve the remaining juice.
  4. To serve the puddings, uncover and run a knife around the edge. Put a serving plate over each one, then invert to release. Spoon the reserved juice over the puddings and serve.

**Exercise 1: Read the recipe and choose the correct answer.**

1. *What season do you find the recipe suitable for?*
2. Winter
3. Spring
4. Summer
5. Autumn
6. *When do you usually eat this kind of dish? More than one answer can be chosen.*
7. At the end of a meal
8. Before a meal
9. In the middle of a meal
10. As a snack

***Exercise 2:*** *Can you match two halves together according to their meanings?*

1. **To stamp out**
2. **To cover**
3. **To refrigerate**
4. **To reserve**
5. **To serve**
6. **To invert**
7. **To release**

1. **To keep something in a freezer**
2. **To let someone/something free**
3. **To bring the meal to the customer**
4. **To put a lid on the cooking pot or saucepan**
5. **To put something upside down**
6. **To make a shape of cookies using a biscuits cutter**
7. **To keep something for later**

**Exercise 3: Choose the correct answer.**

1. *What are the main ingredients of the recipe?*
2. Nuts
3. Citruses
4. Berries
5. Chocolate
6. *How long do you have to cook all ingredients for?*
7. 2-4 minutes
8. 2-3 minutes
9. 3-4 minutes
10. 3 minutes
11. *What shapes are cut out?*
12. Squares
13. Triangles
14. Stars
15. Circles
16. *What’s the minimum time to cool the pudding down?*
17. 3 hours
18. Overnight
19. Half of the day
20. 4 hours

**Exercise 4: Describe your favourite recipe.**