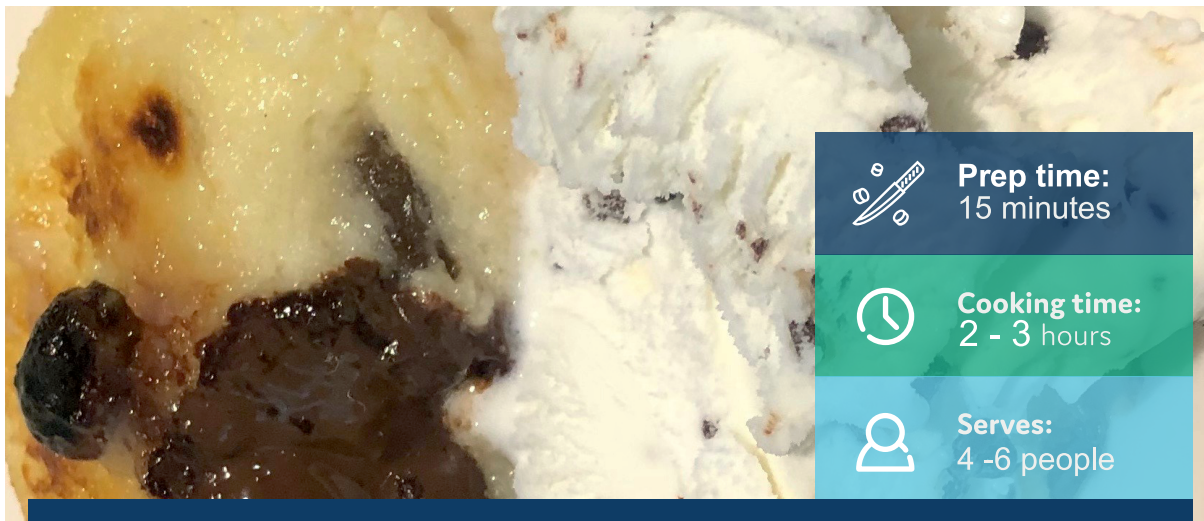


Slow Cooker

SLOW COOKER PUDDING



Prep time:
15 minutes



Cooking time:
2 - 3 hours



Serves:
4 - 6 people

Quick and easy to prepare, the bread and butter pudding has long been celebrated for its simplicity.

INGREDIENTS:

4 slices of White bread, buttered,
you can also spread with jam,
marmalade, lemon curd etc. but
cut back on the sugar

8 oz Raisins or dried or fresh fruit
(apple, blackcurrants, gooseberries etc.)
or chocolate chips

$\frac{3}{4}$ pint Milk
(can be any type including longlife)

3 Eggs

2 oz Sugar

$\frac{1}{2}$ teaspoon Vanilla Essence (optional)

$\frac{1}{4}$ teaspoon Ground Nutmeg (optional)

METHOD:

1. Butter the slices of bread
(add jam or curd etc. if you are using it) and
cut into quarters,
place in the cold slow cooker one slice at a time,
add the raisins or mixed fruit or chocolate chips on
top of each slice.
2. Whisk/mix milk, eggs, sugar, vanilla essence, and
nutmeg together in a bowl and pour over the bread.
3. Squash the bread down until it has soaked up
most of the liquid

Cook for 2-3 hours on Low setting, use a knife in the
centre to check it has cooked through, place a
double thickness of kitchen roll or a clean tea towel under
the lid to stop the condensation from dripping
onto the pudding.

I browned the top under the grill to finish but you
don't need to do that.

Makes about 4-6 portions and costs about 90p total to make.

Carbon monoxide

Carbon monoxide is a poisonous gas that has no smell or taste. Breathing it in can make you unwell, and it can kill if you are exposed to high levels. Make sure you have a working carbon monoxide monitor in your home and follow the instructions on how to use it and where to place it to keep you safe.



Warm Homes Discount

You could get £140 off your electricity bill for winter 2020 to 2021 under the Warm Home Discount Scheme.

Saving money

Microwaves and slow cookers are cheaper to use than traditional ovens.

You can save up to 63p an hour by using a slow cooker.



PSR

The Priority Services Register is a free service provided by energy suppliers and network operators.

To get on it, you need to contact your energy supplier.

For any energy related questions please contact

Christine Nicholls at Community Action Northumberland **01670 517178** christinenicholls@ca-north.org.uk



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CAN runs rural employment hub sessions across the county where you can use our computers, get help with IT and support from our friendly work coaches

For the latest opening information and your nearest hub visit:

<http://ca-north.org.uk/supporting-individuals/northumberlandrural-employment-hubs>

Email juliaplinton@ca-north.org.uk or call 07340 082 571

