

# Iced Christmas Pudding Parfait and Caramelised Oranges

**Serves 4**

**Parfait:**

3 Egg yolks  
1 Whole egg  
75g Caster sugar  
250g Christmas pudding, cut into 1cm pieces  
250ml Double cream (cold)

**Oranges:**

3 Segmented oranges (save the juice)  
100g Caster Sugar  
2 Cloves  
¼ Cinnamon stick  
50ml Water

**Parfait:**

Place the egg yolks, whole egg and sugar into a large bowl and whisk together. Place the bowl over a simmering pan of water – the bottom of the bowl must not touch the water (so the bowl will have to be big enough to rest on the rim of the pan). Whisk using an electric whisk until the eggs have trebled in volume and leave ribbons when the whisk is removed. Fold in the diced Christmas pudding.

Whisk the cream until it forms soft peaks (be careful not to over-whisk). Fold into the egg and Christmas pudding mixture. Pour into a terrine mould lined with clingfilm, cover and freeze for 24 hours.

**Oranges:**

Place the sugar, water, cloves and cinnamon into a pan. Bring to the boil, then turn down to a simmer. Cook until a golden caramel. Add the saved orange juice and reduce to a syrup. Pass through a sieve and leave to cool. When cool, add the orange segments to the syrup.

To serve, remove the parfait from the freezer and cut into 1 inch thick slices. Arrange on the plate with the orange segments and drizzle the syrup around the plate.

