



Posted on 17 September 2012
by ewfood

Malva Pudding

Ingredients

3.5 oz. Flour
1tsp. baking soda
pinch of salt
4.5 oz caster sugar
2 eggs
2 tsp. apricot jam
1 oz. butter
1 tsp. spirit vinegar
4fl oz. milk
For the sauce
8.4fl oz. double cream
4 oz. butter
3.5 oz. sugar
4fl oz. orange juice, water, sherry or brandy
Cooking Time
45
min

Preparation

- 1 Preheat the oven to 180°C
- 2 Sift the flour, baking soda and salt into a bowl and set to one side
- 3 In a separate bowl cream together the eggs and sugar until pale yellow in colour and a fluffy consistency, beat in the apricot jam until smooth
- 4 melt 2 tbsp. butter with vinegar and milk, just melt the ingredients, do not bring to a boil
- 5 Make a well in the middle of the sifted ingredients and add the melted ingredients to it, and add the egg mixture, fold it in well ensuring no lumps
- 6 Pour the mixture into a greased baking tin and bake for 45minutes, you will know it is done once you poke the cake with a knife and the knife comes out clean
- 7 while waiting for your cake to bake add the remaining butter, cream sugar and chosen liquid to a saucepan and place over a low to medium heat, allow for the sugar to dissolve and the butter to melt but do not bring the mixture to a boil
- 8 Take the pudding out of the oven and pierce a few holes into it, por the sauce over the pudding and serve hot or cold with cream, ice cream or custard.

Cooks Note

Preparation time: 15min; Cooking time: 45 min
