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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