



Malva Pudding

A SOUTH AFRICAN FAVOURITE – THIS SWEET DESSERT IS A MUST-TRY

INGREDIENTS

BATTER

- 2 eggs
- ¾ cup light brown sugar
- 1 cup cake flour
- 1 tsp bicarbonate of soda
- Pinch of salt
- 1 tsp smooth apricot jam
- 1 tsp white vinegar
- ½ cup milk
- 1 ½ tsp melted butter

SAUCE

- 1 ½ cups cream
- 1 ¼ cups white sugar
- ¾ cup hot water
- ¼ cup butter
- Pinch of salt
- 1 Tbsp smooth apricot jam

METHOD

BATTER

- Preheat the oven to 180°C (356°F) and grease a muffin tray
- Beat the eggs and sugar until thick and creamy
- Add the apricot jam and mix well
- Sift the flour, bicarbonate of soda and salt together in a bowl
- Mix the melted butter with the milk and vinegar
- Add the dry mixture to the egg mixture and then add the liquid ingredients
- Pour the batter into the muffin tray. Only fill each cup half full as the puddings rise
- Bake in the preheated oven for 12-15 minutes or until done
- Whilst the puddings are baking, make the sauce

SAUCE

- Place all the sauce ingredients together in a saucepan and stir over medium heat until the sugar has dissolved
- Remove from the heat and keep warm
- As soon as the puddings are baked, remove from the oven and pour the warm sauce over
- Serve the malva puddings with crème anglaise, ice cream or lightly whipped cream

