

# Malva Pudding

Serves up to 12, depending on portion size\*

## Ingredients

250 ml (1 cup) sugar  
15ml soft butter  
60 ml smooth apricot jam  
1 egg  
250 ml (1 cup flour)  
5ml (1 tsp) bicarbonate of (baking) soda  
Pinch of salt  
10 ml vinegar  
10ml vanilla essence  
250ml milk

## Sauce

250ml cream or evaporated milk  
100g butter  
125ml (½ cup) sugar  
5ml (1 tsp) Vanilla Essence  
10 ml hot water

## What to do

1. Heat oven to 180°C (350°F)
2. Beat sugar, egg, butter and jam until pale and fluffy.
3. Sieve together the flour, bicarbonate of soda and salt.
4. Mix together the milk, vinegar and vanilla essence.
5. Fold the flour and liquid alternately into the egg mixture until thoroughly mixed.
6. Pour into greased, ovenproof (2 litre/8 cup) baking dish, cover lightly with foil.
7. Bake for about 40 – 45 minutes – until firm and the sides of the pudding have slightly moved away from the side of the dish.
8. Towards the end of the baking time, make the sauce:
  - a. Combine the cream, butter, sugar, vanilla essence and water in a small saucepan.
  - b. Heat gently, stirring all the time until the butter has melted, and the sugar is dissolved.
  - c. Pour over the hot pudding.
9. Serve warm with custard or whipped cream.

## Notes:

- This mixture is easily divided between 10 x 125 ml ramekin dishes or cups (oven proof)
- When pouring the sauce over the hot pudding, a process not to be hurried, “help” it along by
  - gently inserting a knife between the side of the sponge and the dish, allowing the sauce to seep in.
  - dotting some holes in the top of the pudding with a skewer
- Can be made in advance and is successfully reheated in a warm oven

