



Malva Pudding

Traditional South African dessert



INGREDIENTS

THE PUDDING

- 6 1/2 ounces sugar (3/4 cup, 200 ml, or 180 g)
- 2 large eggs
- 1 tablespoon apricot jam
- 5 ounces all-purpose flour (150 g)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon butter (a generous tablespoon)
- 1 teaspoon vinegar
- 1/3 cup milk

FOR THE SAUCE

- 3/4 cup fresh cream (200 ml)
- 3 1/2 ounces butter (100 g)
- 3-5 ounces sugar (90 - 150 g)
- 1/3 cup hot water (90 ml)
- 2 teaspoons vanilla essence

DIRECTIONS

1. Preheat oven to 350 deg F/180 deg Celsius. (NOTE: I find my convection/fan oven very hot. I baked the pudding at 170 deg C and had to turn it down to 160 deg C/325 deg F for fear the pudding might burn. You know your oven -- Adjust accordingly).
2. Grease an oven dish. I used a 7 x 7 x 1 1/2 inch Pyrex dish. (18 x 18 x 4 1/2 cm)
3. Beat or whip the sugar and eggs. It's quickest in a food processor, or use electric beaters. Beat until thick and lemon coloured, then add the jelly (jam) and mix through.
4. Melt the butter (don't boil) and add the butter and vinegar to the wet mixture.
5. Sieve, or simply mix together: the flour, soda and salt.
6. Add this mixture with the milk to the egg mixture in the processor or mixing bowl. Beat well.
7. Pour into an oven-proof dish and bake until pudding is brown and well-risen -- depending on your oven and oven dish this will be between 30 - 45 minutes. (Mine was done in 30 minutes this time).
8. In a pot, melt together the ingredients for the sauce, and stir well.
9. Pour it over the pudding as soon as it comes out of the oven.
10. Leave to stand awhile before serving. Serve warm. Because it's rich it does not really need enhancement, but if you want, serve with vanilla ice cream.