

Malva pudding

Serves 4-6

220 g (1 cup) caster sugar
2 eggs
15 ml (1 tbsp) apricot jam
175 g (1½ cups) cake wheat flour
2,5 ml (½ tsp) bicarbonate of soda
1 ml (¼ tsp) salt
40 g (2½ tbsp) butter
125 ml (½ cup) milk
15 ml (1 tbsp) white wine vinegar

Sauce

180 ml (¾ cup) evaporated milk
125 ml (½ cup) warm water
200 g (1 cup) sugar
15 g (1 tbsp) butter
2,5 ml (½ tsp) vanilla essence

Spongy, sticky and sweet, malva pudding is a big crowd pleaser in most homes – second only to custard and jelly.

1. Preheat the oven to 180°C and grease a large ovenproof dish.
2. In a large mixing bowl, combine caster sugar, eggs and apricot jam and beat until pale and fluffy.
3. In a second mixing bowl, sift flour, bicarbonate of soda and salt together.
4. In a small pan over low heat, melt butter and stir in milk and vinegar.
5. Add the dry mixture to the sugar-and-egg mixture and stir to combine. Then add the butter-and-milk mixture and whisk to form smooth batter. Pour the batter into the greased dish.
6. Bake for 40 minutes or until sticky brown in colour and an inserted skewer comes out clean.
7. In the meantime, combine evaporated milk, water and sugar in a pan. Bring to a boil and keep stirring until the sugar has dissolved. Add butter and vanilla essence. Pour the hot sauce over the warm pudding as soon as it comes out of the oven.