

SOUTH AFRICAN MALVA PUDDING

This deliciously sweet and outrageously easy dessert will soon be one of your faves to have on rotation. It's comforting, cosy and a quickie to make and you know what that means? It'll be in your belly faster and that to me is always a win. It has a sticky toffee pudding sort of vibe and is perfectly topped with vanilla ice cream and a pinch of sea salt or grab a one-way ticket to Cosy Central by drowning it in piping hot, freshly made vanilla bean custard. The easiest yum around.

Recipe Makes: 12 Portions

W H A T	Y O U D	SPONGE - WET	SPONGE - DRY	SAUCE
		255 ml Whole Milk	320 g '00'/Plain/AP Flour *	220 ml Double Cream
		110 g Apricot Jam	130 g Dark Brown Sugar	220 ml Whole Milk
		3 Large Eggs	3 tsp Baking Powder *	220 g Salted Butter
		45 g Salted Butter, melted	1.5 tsp Bicarb *	220 g Light Brown Sugar
		1.5 tsp Apple C Vinegar	Pinch of Salt	1 tsp Vanilla Bean Paste
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* sifted

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- Preheat oven to 150C Fan/170 C/335 F/Gas Mark 3 and liberally grease the bottom and sides of a 10 x 13 inch / 25 x 33 cm deep baking tray with butter.
 - Into a bowl, add all the wet ingredients for the sponge: milk, jam, eggs, melted butter, apple cider vinegar and vanilla bean paste. Give it a good stir with a balloon whisk and mix until smooth. Leave to one side.
 - Into a larger bowl add all the dry ingredients for the sponge: flour, sugar, baking powder, bicarb, salt and orange zest (if using). Use a whisk to thoroughly mix. Make sure you integrate all the ingredients now to avoid overmixing in the next step.
 - Pour the wet ingredients into the larger bowl and thoroughly mix using a balloon whisk. Once you are left with little to no visible flour streaks, use a rubber spatula to wipe down the edges and bottom of the bowl to ensure there are no flour pockets.
 - Transfer the batter to your greased tin and use the back of a spoon to level out the batter. Pop the tray into the oven and bake for 26 to 30 minutes.
 - Whilst the sponge is baking in the oven, make the sauce by adding all the ingredients to a pan and placing over a medium heat.

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- Allow the butter to gently melt, stirring little and often for the sauce to get saucy. Once the sugar has dissolved and the butter has completely melted, allow the sauce to cook for a further 5 minutes to reduce slightly and thicken.

- Once the sponge is baked (give the top a press and if it bounces back, you're all good), remove from the oven.

- Use a skewer to poke holes into the sponge before carefully pouring about 3/4 of the hot sauce over the top. Don't worry about the liquid pooling, let time do it's thing. Cover the top of the tin with clingfilm and allow the pudding to sit for at least 30 minutes to soak up all the liquid.

- When ready to serve, portion up the sponge into 12 generous servings and use a fish slice or spoon to scoop out. Transfer to a serving plate, top with some vanilla ice-cream and a drizzling of the reserved sauce before finishing with a light sprinkling of sea salt.