

Malva Pudding



For the pudding

150g/5½oz plain flour

1½ tsp bicarbonate of soda

2 tbsp apricot jam

2 free-range eggs

175g/6oz light brown sugar

55g/2oz caster sugar

200ml/7fl oz milk (preferably full fat)

50g/1¾oz melted butter, plus extra for greasing.

1 tbsp white wine or spirit vinegar

For the sauce

200ml/7fl oz double cream

100ml/3½fl oz milk (preferably full fat)

160g/5¾oz caster sugar

80g/2¾oz butter

1 tbsp vanilla extract

cream or ice cream, to serve (optional)

Method

Preheat the oven to 180C/160C Fan/Gas 4. Grease an ovenproof ceramic or glass dish that is approximately 20x30cm/8x12in.

Place the flour in a large bowl and sprinkle over the bicarbonate of soda. In a separate bowl, whisk together the jam, eggs and sugars until pale in colour. Mix together the milk, butter and vinegar. Alternate adding a bit of the milk mixture and a bit of the flour to the egg mixture, until everything is combined and forms a smooth batter.

Pour the batter into the prepared dish, cover with kitchen foil and bake for 35–40 minutes until the sponge is cooked through and bouncy to touch. Then remove the tinfoil and return the sponge to the oven for another 10 minutes to brown the top. The edges will turn a dark brown which makes them caramel-like and chewy. (Err on the side of longer in the oven here so the sponge can absorb the sauce.)

To make the sauce, heat all of the ingredients and 5 tablespoons water in a saucepan over a medium heat. Simmer for 2 minutes then turn off the heat.

When cooked, remove the pudding from the oven and set aside for a few minutes. Pour over the hot sauce and leave to soak up for at least 10 minutes before serving. Serve the pudding with cream or ice cream, if desired.