

Malva Pudding



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Inspired by the traditional Malta Pudding this is a sweet and moist cake straight from South Africa, it's made with apricot jam for a beautiful golden colour and soaked in a delicious sauce for that much loved texture.

Ingredients

Sponge

- 360g self rising flour
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/4 tsp bicarbonate soda
- 75g light brown sugar
- 75g dark brown sugar
- 60g apricot jam
- 360ml dairy free milk + 1 tsp vinegar
- 100g dairy free yoghurt
- 100g vegetable oil
- Pinch of salt

Sauce

- 115g dairy free cream
- 115g dairy free milk
- 115g dairy free butter
- 115g light brown sugar

Instructions

1. Preheat the oven to 170 C Fan.
2. Line and lightly grease a square baking tin (9 inch)
3. Mix the vinegar into the milk to create a dairy free buttermilk.
4. Pour this into a large mixing bowl and then add in the remaining wet ingredients.
5. Using a sieve, sift in the dry ingredients.
6. Gently mix until JUST combined.
7. Pour the batter into the tin and then bake for 35-45 mins (all ovens are different but the sponge should be well risen and spring back when touched)
8. Whilst the sponge is baking, make the sauce.
9. Add sugar and butter to a saucepan and melt together on medium to high heat, stirring all the while until bubbling. Remove from heat, pour in the cream and milk - mix together.
10. Leave the cake to cool for 10 mins before poking holes into the cake.
11. Pour the sauce over the cake and leave this to soak in for at least 15 minutes before serving.

