

AMARULA MALVA PUDDING

Pudding:

60gms butter
1 cup white sugar
2 EXTRA LARGE eggs
2tbsp apricot jam
2tsp bicarbonate of soda
1 cup milk
2 cups cake flour
Pinch of Salt
30ml vinegar

Sauce

250g butter
1 1/2 cups white sugar 1/2 cup water
1 cup cream
1/2 cup Amarula or similar cream based liquor
1 tsp vanilla essence

Instructions

Step 1

Cream butter and sugar together, beat in the egg until light and fluffy. Beat in the apricot jam.

Step 2

Dissolve the bicarb in the milk.

Step 3

Sift the flour and salt together and add to the creamed mixture alternately with the milk.

Lastly stir in the vinegar.

Step 4

Pour into a deep round dish about 19cm diameter. Cover the dish with a lid or foil and then bake for 1 hour at 180°C.

Sauce

Step 1

Bring the butter, sugar and water to the boil and simmer, stirring all the time for 2 minutes.

Step 2

Remove from the stove and then add the cream, amarula and the vanilla. Pour over the hot baked pudding.

THE COOKERY

by The Secret Jozi Chef

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