



## **Apple malva pudding**

*Recipe by Lizet Hartley*

Serves: 6-8

Cooking: 1hr

Difficulty: Easy

### **Ingredients :**

- 1 cup Selati white sugar
- 2 extra-large free-range eggs (I only do free-range; you really taste the difference)
- 1 tsp vanilla extract
- ¼ cup milk (125ml)
- 1½ cups self-rising flour (150g)
- large pinch of salt
- 1 x 385g tin apples, drained and cut into large chunks

*For the sauce:*

- 1 cup evaporated milk (Ideal milk)
- ¼ cup salted butter
- 5 Tbs cream
- 3 Tbs Selati White sugar

*To serve:*

- Ground cinnamon (optional)
- Vanilla ice cream

### **Methods :**

- Use an electric whisk to beat together the eggs, vanilla and sugar until it's light and creamy and the

- sugar dissolved. (Tip: stick your fingers in, if you still feel plenty of granules, keep on whisking.)
- Sieve the self-raising flour and salt together. Stir the flour into the eggs, alternating with the milk. Pour the batter into an oven-proof baking dish and gently drop in the apples, ensuring they're spread evenly throughout. Cover with a lid or tinfoil and bake it in a pre-heated 180 degree Celsius oven for 40-50 minutes. Much like a cake, test it by inserting a thin skewer into the middle. If it comes out clean, it's done.
- Make the sauce while the malva pudding is baking. Simply heat the sauce ingredients together, stirring to dissolve the sugar. Pour the warm sauce over the malva pudding as soon as it comes out of the oven. Dust lightly with cinnamon and serve warm with vanilla ice cream.