



Steamed Lemon and strawberry puddings

Recipe by Zola Nene

Serves: 4 individual puddings

Cooking: 1hr 45min

Difficulty: Easy

Ingredients :

- 4 Tbs strawberry jam
- 125g cake flour
- 100g Selati castor snow
- 1 tsp baking powder
- 60g butter, chilled and diced
- Zest of 1 lemon, finely grated
- 1 large egg
- 190ml milk

Methods :

- Place a large pot onto the stove, and fill with 3cm depth worth of water and bring to the boil.
- Grease 4 dariole moulds (you can also use teacups) then place a generous tablespoon of strawberry jam in the bottom of each.
- Combine the flour, sugar and baking powder, then rub in the butter until the mixture resembles breadcrumbs.
- Stir in the lemon zest.
- Mix the egg and milk then add to the dry ingredients to form a batter.
- Spoon mixture into the moulds to cover the jam.
- Cover the dariole moulds with foil, making a fold in the middle to allow for expansion during cooking.
- Place a rack or folded tea towel into the pot of water (this is to elevate the moulds during cooking so that they aren't in contact with the hot base of the pot during cooking).

- Place the puddings into the pot, cover with a lid and leave to steam for about 1 hour (or until a skewer inserted comes out clean) – keep an eye on the water level, and keep topping up with boiling water.
- Serve puddings unmoulded onto a plate and serve with hot custard and fresh strawberries.