

# Malvapoeding a.k.a Marshmallow Pudding

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Serves 10

Preparation Time: 15 mins

Cooking Time: 45 mins

*For those of you who are hesitant to try new things, here is a gentle introduction to South African cuisine.*

## Ingredients

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- ❖ 250ml (1 cup) caster sugar
- ❖ 2 large eggs
- ❖ 15ml (1 tbsp) smooth apricot jam
- ❖ 185g (6½ oz) plain flour
- ❖ 5ml (1 tsp) bicarbonate of soda
- ❖ pinch of salt
- ❖ 30ml (2 tbsp) butter
- ❖ 5ml (1 tsp) white vinegar
- ❖ 125ml (½ cup) milk
- ❖ 250ml (1 cup) double cream
- ❖ 125ml (½ cup) butter
- ❖ 125ml (½ cup) white sugar
- ❖ 125ml (½ cup) sherry

## Directions

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1. Preheat the oven to 180°C/fan 160°C /350°F/gas mark 4.
2. Beat the caster sugar and eggs until fluffy and light.
3. Beat in the apricot jam.
4. Sift the flour, bicarbonate of soda and salt together 3 times.
5. Melt the butter with vinegar and milk over low heat.
6. Fold the flour mixture and the milk mixture alternately into the egg mixture and pour the batter into a greased ovenproof dish.
7. Bake the pudding for about 45 minutes, or until a knife inserted in the center comes out clean.
8. Meanwhile, place the cream, butter, sugar and sherry into a saucepan and stir over moderate heat until the butter has melted and the sugar has dissolved. Do not allow the mixture to boil.
9. Remove the pudding from the oven, pierce it in a number of places with a skewer and pour the hot sauce over it immediately.
10. Serve hot or cold with cream.

## Notes

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- ✓ Substitute the sherry with orange juice or water if you prefer.
- ✓ If there are sherry-averse eaters in the crowd, serve the sauce separately from the pudding to give them a choice.
- ✓ You can also serve the pudding with custard or ice-cream.

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