Puddings

Citrus passionfruit delicious pudding

Ingredients

60g butter, softened
3/4 cup caster sugar
2 eggs, separated
1 large lemon, rind finely grated, juiced
2 tablespoons passionfruit pulp
1 cup milk
1/4 cup plain flour
pure icing sugar, to serve

Method

Step 1

Preheat oven to 180°C. Grease a 5cm deep, 15cm x 23cm (base), 6-cup capacity baking dish. Using an electric mixer, cream butter and sugar in a bowl until light and fluffy. Add egg yolks, 1 at a time, beating well after each addition.

Step 2

Stir in lemon rind, 1/4 cup lemon juice, passionfruit and milk. Sift flour over mixture and stir until combined.

Step 3

Using clean blades, beat eggwhites in a bowl until soft peaks form. Fold into passionfruit mixture until just combined.

Step 4

Pour batter into baking dish. Place dish in a baking pan. Pour boiling water into pan so it comes halfway up sides of dish. Bake, uncovered, for 45 minutes or until pudding is just firm on top and light golden.

Step 5

Remove dish from baking pan and stand for 5 minutes. Dust pudding with icing sugar and serve.

Apple sponge pudding

Ingredients

6 Granny Smith apples
1/2 cup caster sugar
2 tablespoons water
2 eggs, at room temperature
1 teaspoon vanilla essence
1/2 cup self-raising flour
1/2 teaspoon mixed spice icing sugar, ice-cream and whipped cream, to serve

Method

Step 1

Preheat oven to 180°C. Lightly grease a 5-cup capacity ovenproof dish.

Step 2

Peel, core and chop apples. Place in a saucepan with 1/4 cup sugar and water. Cook, partially covered, over medium heat for 5 to 8 minutes or until apple is tender. Drain excess liquid. Spoon apple into prepared dish. Cover to keep warm.

Step 3

Using an electric mixer, beat eggs until light and fluffy. Add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until thick and creamy. Stir in vanilla.

Step 4

Sift flour and mixed spice over batter. Using a metal spoon, fold through batter. Pour over hot stewed apple.

Step 5

Bake for 30 minutes or until a skewer inserted into the sponge comes out clean. Dust with icing sugar. Serve pudding hot with ice-cream and cream.

Warm chocolate puddings

Ingredients

Nutrition
Melted butter, to grease
100g reduced-fat dairy spread (Devondale brand), melted, cooled
2 eggs, lightly whisked
235g (1 1/2 cups) dark chocolate melts (Nestle brand), melted
75g (1/2 cup) plain flour
8 dark chocolate melts (Nestle brand), extra
4 scoops light vanilla ice-cream (Streets brand)

Method

Step 1

Preheat oven to 200°C. Brush four 100ml-capacity ovenproof ramekins with melted butter to lightly grease. Whisk the dairy spread and egg together in a jug.

Step 2

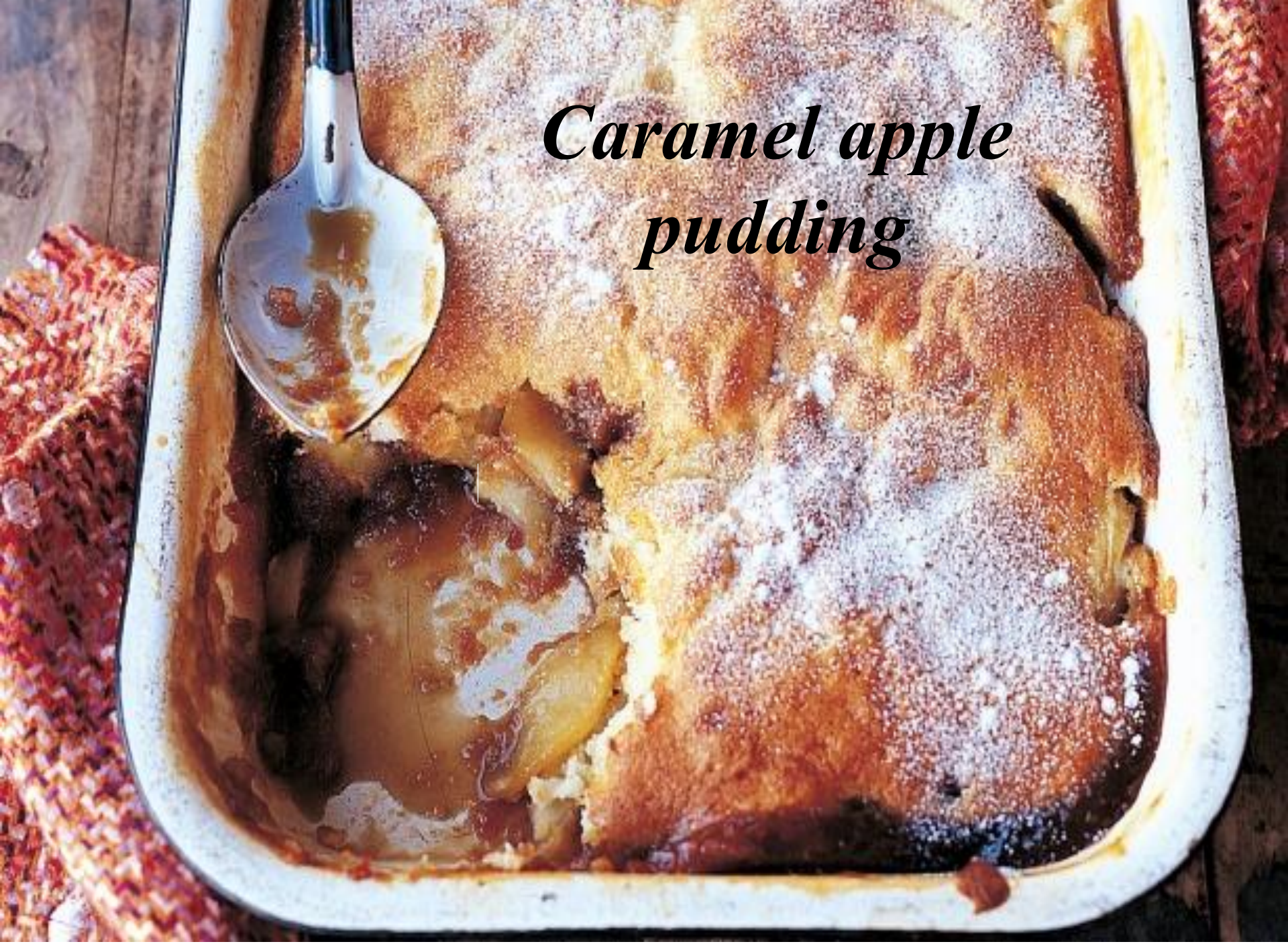
Combine the chocolate and flour in a medium bowl. Use an electric beater to gradually beat in the egg mixture. Pour the chocolate mixture evenly among the prepared ramekins.

Step 3

Kid's task: Place two chocolate melts in the centre of each ramekin, pressing down so they sink into the pudding mixture.

Step 4

Bake in preheated oven for 10 minutes or until a skewer inserted into the edge of the puddings comes out clean. Turn onto plates and serve with ice-cream.


Caramel apple
pudding

Ingredients

5 large golden delicious or Granny Smith apples, peeled, cored, sliced 1cm thick
1 2/3 cups (250g) plain flour
2 tsp baking powder
250g caster sugar
200ml milk
150g unsalted butter, melted
2 eggs, beaten
1 cup (200g) light muscovado sugar or light brown sugar
1/2 cup (125ml) golden syrup
Icing sugar and thick cream, to serve

Method

Step 1

Preheat the oven to 180°C. Lightly butter a 2.5-litre baking dish.

Step 2

Place apples in the prepared dish. Sift flour and baking powder into the bowl of an electric mixer, add caster sugar, milk, butter and egg, then beat until pale. Spread mixture over the apples.

Step 3

Place muscovado or brown sugar, golden syrup and 300ml water in a saucepan. Stir over medium heat until sugar dissolves, then bring to the boil without stirring.

Step 4

Pour over the pudding batter, then bake for 30-35 minutes or until the top is golden.

Step 5

Dust with icing sugar and serve with cream.

Chilled panettone puddings with poached spiced cherries

Ingredients

8 x 1.5cm-thick slices of panettone
40g butter, softened
2 tbs orange marmalade
2 eggs, lightly whisked
1 cup (250ml) milk
1/2 cup (125ml) thin cream
1/4 cup (55g) caster sugar
1 tsp vanilla bean paste

Spiced cherries

250g fresh cherries, stems removed
1 cup (250ml) rose
1/4 cup (55g) caster sugar
2 whole star anise
1 cinnamon stick

Method

Step 1

Preheat oven to 160°C. Grease four 2/3-cup (160ml) capacity dariole moulds or ramekins. Use a 7cm round pastry cutter to cut 8 discs from the panettone slices. Spread discs with butter and marmalade and place two discs in each of the prepared moulds.

Step 2

Whisk together the eggs, milk, cream, sugar and vanilla bean paste in a jug until well combined. Pour evenly over the panettone slices and set aside for 15 minutes to soak. Place in a roasting pan and pour in enough boiling water to come halfway up the sides of the moulds. Bake in preheated oven for 20 minutes or until set. Remove from oven and place in the fridge for 1 hour to chill.

Step 3

Meanwhile, to make the spiced cherries, place the cherries, wine, sugar, star anise and cinnamon in a medium saucepan over medium heat. Bring to a simmer. Reduce heat to low and poach for 15 minutes or until syrup thickens and cherries are tender. Remove from heat and transfer to a heatproof bowl. Cover with plastic wrap and place in the fridge to chill.

Step 4

Turn the puddings onto serving plates. Spoon the cherries and syrup around the puddings and serve immediately.

Ten Poems about Puddings

“Pudding and pie'
said Jane: 'Oh, my!'
'Which would you rather?'
Said her father.
'Both,' cried Jane,
Quite bold and plain.”

The poems sing the praises of puddings large and small, hot and cold, sweet and savoury. Ten Poems about Puddings is a must for all pudding lovers. By the time you have reached the last page, you will be unsure whether you have just eaten ten poems or read ten puddings. Either way, bon appétit!