

MALVA PUDDING WITH CUSTARD



too fresh to flop

PREP: 20 minutes

BAKE: 50 minutes

MAKES: 1 tart

INGREDIENTS:

- 2 cups Snowflake Cake Wheat Flour
- $\frac{3}{4}$ cup sugar
- 2 eggs
- 3 tps white vinegar
- 2 cups milk
- 2 tps bicarbonate of soda
- 2 Tbsps smooth apricot jam
- $\frac{1}{4}$ tsp salt

Malva sauce:

- $1\frac{1}{2}$ cups sugar
- $1\frac{1}{2}$ cups water
- 2 tps vanilla essence
- 2 cups milk
- $\frac{1}{2}$ cup of butter

Custard:

- 4 Tbsps Snowflake Vanilla Custard Powder
- 3 Tbsps sugar
- 500ml cream (or milk)

What you need:

- Mixing bowl
- Whisk
- Measuring jug
- 25cm casserole dish
- Measuring cups
- Measuring spoons
- Flat bladed knife (dinner knife)
- Spray n' Cook

CONVERSION CHART

$\frac{1}{4}$ tsp = 1.25ml	$\frac{1}{4}$ cup = 60ml
$\frac{1}{2}$ tsp = 2.5ml	$\frac{1}{3}$ cup = 85ml
1 tsp = 5ml	$\frac{1}{2}$ cup = 125ml
1 Tbsp = 15ml	1 cup = 250ml

METHOD:

1. Preheat the oven to 180°C and grease the casserole dish with Spray n' Cook.
2. Place sugar and eggs in a large mixing bowl and whisk or beat until light and fluffy.
3. Mix white vinegar, milk and bicarbonate of soda together in a jug and set aside.
4. Add flour, apricot jam and salt to the egg mixture and mix to combine.
5. Add the milk mixture and whisk until smooth.
6. Pour the batter into the casserole dish and place in the oven.
7. Bake for 50 minutes until golden brown.
8. Remove from oven.
9. While malva is baking, add all the sauce ingredients to a saucepan or pot and warm until sugar and butter have melted.
10. Remove from heat and set aside.

Malva Sauce

1. Once the malva is out of the oven, use a wooden or metal skewer to punch holes all the way through to the bottom of the malva (little holes mind you!).
2. Using a soup ladle, start spooning the sauce you made over the malva pudding while it is still hot, allowing sauce to be absorbed.
3. Continue spooning sauce over until all sauce has been absorbed.

Custard

1. Prepare custard according to package instructions.
2. For this recipe we're using cream to make the deluxe version, you can use milk instead. See below for details on how to make the deluxe recipe.
3. Serve malva pudding while still warm with the custard.



NOTES AND TIPS

Malva Pudding is not complete without creamy custard, particularly homemade custard made from scratch with Snowflake Vanilla Custard Powder and a few other simple ingredients.

You will need:

- 4 Snowflake's Custard Powder
- 3 Tablespoons of sugar
- And 500 ml of cream.

Method:

1. Mix all the custard powder, sugar and only 50ml of the cream together in a small bowl to form a 'paste'.
2. Add the remaining 450ml cream into a saucepan and bring to a boil.
3. Add custard 'paste' to the warmed milk and stir thoroughly with a whisk.
4. Bring to a boil while stirring continuously.
5. Remove from heat and stir for another minute until mixture is smooth.
6. Serve with freshly baked Malva Pudding.

