

South African Malvapoeding Marshmallow Pudding

Oscar · 29/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

10

Description

This rich South African malvapoeding marshmallow pudding contains no marshmallows but probably got its name from its spongy texture Delicious served hot or cold with cream

Ingredients

- - ½ cup milk - 2 tablespoons unsalted butter - 1 teaspoon distilled white vinegar - 1 ½ cups cake flour - 1 teaspoon baking soda - 1 pinch salt - 1 cup superfine sugar - 2 eggs - 1 tablespoon apricot jelly - 1 cup heavy cream - ½ cup unsalted butter - ½ cup white sugar - ½ cup water
- orange juice
- or sherry

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 1-quart oven-proof baking dish. Heat milk
2. 2 tablespoons butter
3. and vinegar in a small saucepan over low heat until butter melted. Remove from heat; set aside. Meanwhile
4. sift flour
5. baking soda
6. and salt together into a bowl; set aside. Beat 1 cup superfine sugar and eggs together in a separate bowl with an electric mixer on high speed until fluffy and light colored
7. about 5 minutes. Gradually beat in apricot jam. Fold flour mixture into egg mixture alternately with warmed milk mixture using a spatula. Pour batter into prepared baking dish. Bake in the preheated oven until a knife inserted into the center comes out clean
8. about 45 minutes. Heat heavy cream
9. remaining 1/2 cup butter
10. 1/2 cup white sugar
11. and water in a saucepan over medium heat until butter melted and sugar dissolved. Do not allow mixture to boil. Remove pudding from the oven; pierce several times with a skewer or fork. Immediately pour hot cream mixture over pudding. Serve hot or cold.