



Cottage Pudding with Brandy Caramel Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



314 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 2 tablespoons brandy
- 4 tablespoons butter ()
- 1 eggs well beaten
- 2 egg yolk separated
- 11.3 ounces flour
- 0.5 cup cup heavy whipping cream
- 8 ounces brown sugar light

- 1 cup milk
- 0.5 teaspoon salt
- 4.8 ounces sugar
- 0.5 teaspoon vanilla
- 1 teaspoon vanilla extract

Equipment

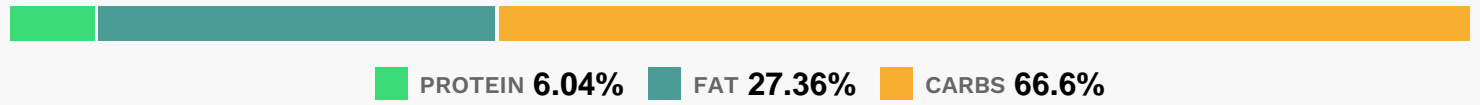
- bowl
- oven
- whisk
- wire rack
- double boiler
- baking pan
- stand mixer
- skewers

Directions

- For the Cake: Move the oven rack to the center position and preheat the oven to 350°F. In a medium bowl whisk together flour, baking powder, and salt and set aside. Grease and flour a 9-by 9-inch baking dish and set aside.
- In the bowl of a stand mixer fitted with the paddle attachment, cream the butter on medium speed until light and soft, about 3 minutes.
- Add sugar gradually, then add the egg, mixing until just combined, about 15 seconds. Reduce speed to low, then with machine running, alternately add milk and flour mixture, in three batches, stopping to scrape down sides as necessary, until fully incorporated. Stir in vanilla and pour batter into prepared baking dish.
- Bake until the top of the cake is a light golden brown and a cake tester comes out clean, about 35 minutes.
- Transfer to a wire cooling rack and let cool at least 10 minutes.
- For the Sauce: Wipe out stand mixer bowl. Cream the butter on medium speed until light and soft, about 3 minutes. Reduce speed to low and add sugar gradually. Slowly stir in the brandy.

- Add the yolks and cream, beating until just combined.
- Transfer mixture to a double boiler and cook over hot water whisking constantly until light and smooth, 7 to 10 minutes.
- Remove brandy mixture from heat. Carefully clean stand mixer bowl and attach whisk head. Beat the egg whites on medium-high speed until soft peaks form, about 2 minutes.
- Pour brandy mixture over egg whites then quickly whisk together. Using a wooden skewer, poke 50 to 60 holes in the surface of the cake, then slice to serve.
- Pour the sauce over the cake and serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.34, Glycemic Load:23.21, Inflammation Score:-4, Nutrition Score:6.5604348419153%

Nutrients (% of daily need)

Calories: 313.97kcal (15.7%), Fat: 9.46g (14.55%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 51.08g (18.57%), Sugar: 30.97g (34.41%), Cholesterol: 69.72mg (23.24%), Sodium: 291.29mg (12.66%), Alcohol: 1.01g (100%), Alcohol %: 1.24% (100%), Protein: 4.7g (9.39%), Selenium: 12.84µg (18.35%), Vitamin B1: 0.23mg (15.28%), Folate: 55.47µg (13.87%), Calcium: 136.85mg (13.68%), Vitamin B2: 0.21mg (12.64%), Phosphorus: 105.17mg (10.52%), Manganese: 0.2mg (9.97%), Iron: 1.68mg (9.33%), Vitamin B3: 1.63mg (8.13%), Vitamin A: 358.39IU (7.17%), Vitamin D: 0.62µg (4.12%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.22µg (3.75%), Potassium: 104.25mg (2.98%), Magnesium: 11.79mg (2.95%), Fiber: 0.72g (2.88%), Zinc: 0.42mg (2.82%), Copper: 0.06mg (2.76%), Vitamin B6: 0.05mg (2.62%), Vitamin E: 0.34mg (2.28%)