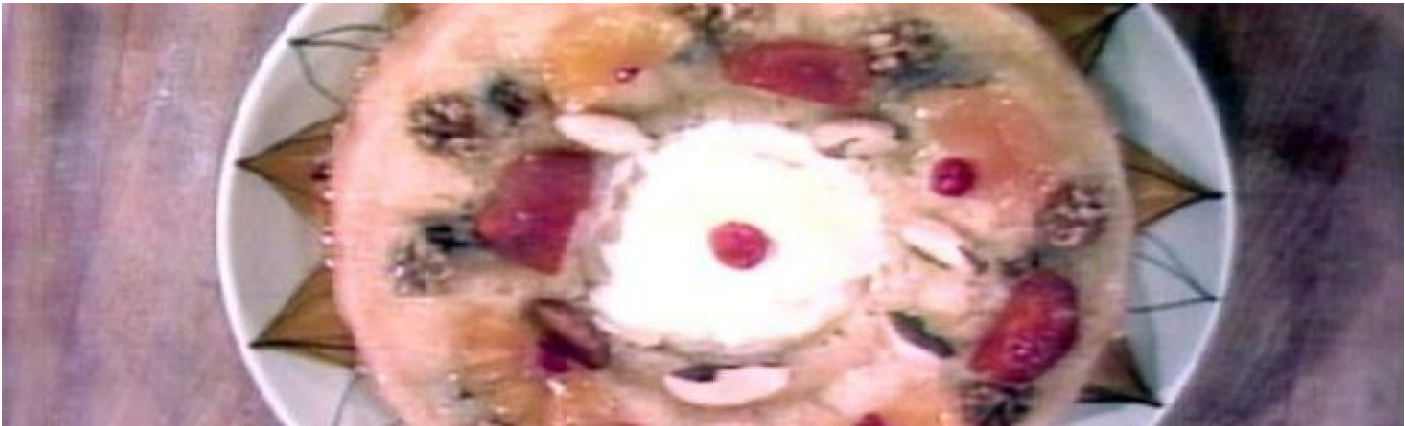


DRINKS

Flamed Rum Babas Exeter

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
160 min	120 min	40 min	4	\$1.80	642 kcal



The recipe Flamed Rum Babas Exeter can be made in around 2 hours and 40 minutes. This recipe serves 4 and costs \$1.8 per serving. One serving contains 720 calories, 11g of protein, and 29g of fat. 1 person were impressed by this recipe. It is brought to you by Foodnetwork.

Ingredients

- | | |
|---|---|
| ☐ ¼ cup butter | ☐ 3½ tablespoons butter |
| ☐ 1 tablespoon candied peel | ☐ 1 tablespoon dark rum |
| ☐ 8 tablespoons dark rum | ☐ 2 eggs |
| ☐ 1½ cups sifted all-purpose flour | ☐ ¼ cup granulated sugar |
| ☐ 0.6 cup milk | ☐ 1 pinch Pinch salt |
| ☐ 1 tablespoon castor sugar | ☐ 2 tablespoons sultanas |
| ☐ 1 cup whipped cream | ☐ 2 tablespoons white grapes |
| ☐ ½ ounce wet yeast | |

Method

- 1 Bring milk to luke-warm temperature. Melt butter and allow to cool. Measure butter, sugar and rum. Finely chop peel. Preheat oven to 400 degrees F. Warm bowl.
- 2 Place the sifted flour into the warmed bowl and make a well in the flour.
- 3 Add the crumbled yeast, 3/8 cup of the milk, the sugar and salt.
- 4 Mix until the yeast has dissolved and then add the eggs and beat with the hands until well combined and smooth. Cover the bowl and put into a warm place for 45 minutes so that the mixture will prove. After 45 minutes remove the bowl and add the cooled, melted butter and the remaining 1/4 cup milk. Beat hard for a couple of minutes and then half fill 4 greased small cake molds. Cover the mold and place in a warm place for a further 10 minutes.
- 5 Place the mold with the risen mixture into the oven and cook for 20 minutes. Unmold onto a cake rack and allow to cool a little.
- 6 Place the butter with the sugar into a frypan and stir to form a fudge - add 1 tablespoon of rum and the sultanas, peel and grapes. Coat in the fudge mixture.
- 7 Place the babas in the fudge mixture - prick lightly with a fork and turn in the sauce.
- 8 Pour 2 tablespoons of rum over each baba and then set alight.
- 9 Place individual babas on serving dishes - cover with the sauce and serve accompanied by the whipped cream.

Nutrition per serving

	642 KCAL	11 g PROTEIN	29 g FAT	67 g CARBS
Saturated Fat				17.2 g · 107% of daily needs
Fibre				2.6 g · 11% of daily needs
Sugar				27.3 g · 30% of daily needs
Sodium				235 mg · 10% of daily needs
Cholesterol				155 mg · 52% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/flamed-rum-babas-exeter-142796