



Steamed Persimmon Pudding with Cinnamon Crème Anglaise

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 0.3 cup apricot preserves
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.8 cup persimmon pulp fresh pureed (from 2 large Hachiya persimmons, in processor)
- ☐ 1.5 cups sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

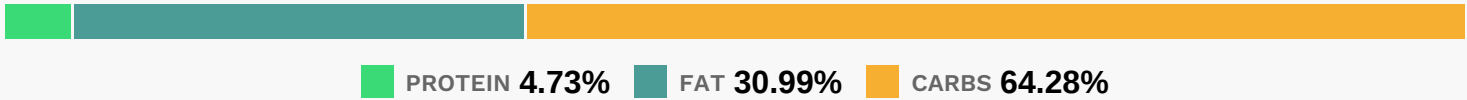
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ hand mixer
- ☐ pastry brush

Directions

- ☐ Butter and flour one 8-cup metal pudding mold with center tube and lid, then generously spray mold with nonstick spray. Butter, flour, and spray lid. Bring large kettle of water to boil.
- ☐ Place round cake rack in bottom of deep pot large enough to hold pudding mold.
- ☐ Whisk 1 1/2 cups flour and next 5 ingredients in medium bowl. Using electric mixer, beat sugar and butter in large bowl until fluffy.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Add flour mixture and beat until blended. Beat in persimmon puree and lemon juice.
- ☐ Spoon batter into pudding mold; cover with lid.
- ☐ Place pudding mold on cake rack in pot.
- ☐ Add enough boiling water to come halfway up sides of mold. Return water to boil, cover pot, then reduce heat and simmer until top of pudding feels firm to touch and tester inserted near center comes out clean, adding more simmering water to pot to maintain water level, about 2 hours.
- ☐ Remove mold from pot. Uncover pudding; let cool. Invert onto plate. DO AHEAD: Can be made 2 days ahead. Cover; let stand at room temperature.

- ☐
- Bring apricot preserves to simmerin small saucepan. Strain through finestrainer set over bowl. Using pastry brush,spread preserves over outside of pudding.DO AHEAD: Can be made 8 hours ahead.Cover and let stand at room temperature.
- ☐
- Serve pudding at room temperaturewith Cinnamon Crème Anglaise.
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:39.32, Inflammation Score:-4, Nutrition Score:6.1513043901195%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 377.7kcal (18.88%), Fat: 13.29g (20.45%), Saturated Fat: 7.76g (48.49%), Carbohydrates: 62.04g (20.68%), Net Carbohydrates: 61.31g (22.29%), Sugar: 40.82g (45.36%), Cholesterol: 77mg (25.67%), Sodium: 176.38mg (7.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Selenium: 13.59µg (19.41%), Manganese: 0.27mg (13.47%), Folate: 52.68µg (13.17%), Vitamin B1: 0.19mg (12.85%), Vitamin B2: 0.19mg (11.14%), Iron: 1.63mg (9.05%), Vitamin A: 437.6IU (8.75%), Phosphorus: 77.52mg (7.75%), Vitamin B3: 1.43mg (7.14%), Calcium: 70.04mg (7%), Copper: 0.08mg (3.99%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.32mg (3.25%), Vitamin D: 0.46µg (3.09%), Fiber: 0.73g (2.9%), Zinc: 0.42mg (2.79%), Magnesium: 10.95mg (2.74%), Vitamin B6: 0.05mg (2.42%), Potassium: 80.77mg (2.31%), Vitamin B12: 0.14µg (2.26%), Vitamin C: 1.38mg (1.67%), Vitamin K: 1.12µg (1.07%)