



Steamed vanilla sponge with butterscotch sauce & custard

 Vegetarian

READY IN



140 min.

SERVINGS



4

CALORIES



1246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g butter softened for greasing
- ☐ 250 g sugar
- ☐ 4 eggs
- ☐ 1 tsp vanilla extract
- ☐ 250 g flour
- ☐ 1 tsp double-acting baking powder
- ☐ 50 ml milk

- ☐ 250 ml milk
- ☐ 2 egg yolk
- ☐ 25 g sugar
- ☐ 2 tsp cornstarch
- ☐ 3 drops vanilla extract
- ☐ 75 g sugar
- ☐ 25 g butter
- ☐ 50 ml double cream

Equipment

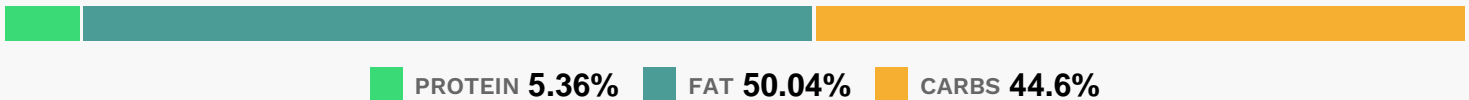
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Butter a 1.5-litre pudding basin. To make the sponge, cream the butter and sugar in a mixing bowl until pale and fluffy.
- ☐ Add the eggs, one at a time, mixing well between each addition, then add the vanilla extract.
- ☐ Sift the flour and baking powder into the bowl and fold into the sponge mixture, ensuring there are no lumps of flour remaining. Finally, stir the milk into the mixture.
- ☐ Fill the basin with the sponge mixture and cover with a double layer of buttered foil and baking parchment, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the basin. Steam for 2 hrs until an inserted skewer comes out clean.
- ☐ To make the custard, bring the milk to the boil. In a bowl, beat together the yolks, sugar, cornflour and vanilla extract.

- ☐ Pour the scalded milk over the egg mix and beat well. Return to the pan and place over a low heat, stirring for a few mins until the mix begins to thicken. Take off the heat and leave to cool.
- ☐ For the butterscotch sauce, dissolve the sugar with 2 tbsp water over a low heat. Bring to the boil; do not stir. When the sugar has turned into a dark, golden caramel, whisk in the butter.
- ☐ Remove from the heat and stir the cream through.
- ☐ When the sponge is cooked, turn out onto a plate, drizzle with the butterscotch sauce and serve with the custard.

Nutrition Facts



Properties

Glycemic Index:138.32, Glycemic Load:97.27, Inflammation Score:-8, Nutrition Score:20.47608694175%

Nutrients (% of daily need)

Calories: 1246.04kcal (62.3%), Fat: 70.23g (108.05%), Saturated Fat: 42g (262.51%), Carbohydrates: 140.87g (46.96%), Net Carbohydrates: 139.17g (50.61%), Sugar: 91.98g (102.2%), Cholesterol: 432.18mg (144.06%), Sodium: 665.87mg (28.95%), Alcohol: 0.39g (100%), Alcohol %: 0.13% (100%), Protein: 16.91g (33.83%), Selenium: 42.83µg (61.18%), Vitamin A: 2395.6IU (47.91%), Vitamin B2: 0.73mg (42.87%), Vitamin B1: 0.57mg (38.23%), Folate: 150.76µg (37.69%), Phosphorus: 317.03mg (31.7%), Calcium: 234.16mg (23.42%), Iron: 4.12mg (22.88%), Manganese: 0.45mg (22.67%), Vitamin B3: 3.85mg (19.24%), Vitamin B12: 1.12µg (18.7%), Vitamin E: 2.48mg (16.54%), Vitamin B5: 1.61mg (16.14%), Vitamin D: 2.42µg (16.12%), Zinc: 1.63mg (10.88%), Vitamin B6: 0.19mg (9.39%), Potassium: 285.55mg (8.16%), Magnesium: 31.49mg (7.87%), Copper: 0.14mg (6.92%), Fiber: 1.7g (6.8%), Vitamin K: 5.83µg (5.55%)