



Sticky orange & marsala pudding

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



500 kcal

DESSERT

Ingredients

- ☐ 3 tbsp golden syrup
- ☐ 2-3 large clementines thinly sliced
- ☐ 175 g butter
- ☐ 175 g brown sugar
- ☐ 3 eggs beaten
- ☐ 85 g self raising flour
- ☐ 85 g breadcrumbs fresh white
- ☐ 0.3 tsp grating nutmeg fresh

- ☐ 2 tbsp plum brandy
- ☐ 1 orange zest
- ☐ 200 g fruit mixed dried
- ☐ 1 handful candied cherries halved
- ☐ 5 tbsp golden syrup
- ☐ 0.5 orange juice
- ☐ 3 tbsp madeira wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers

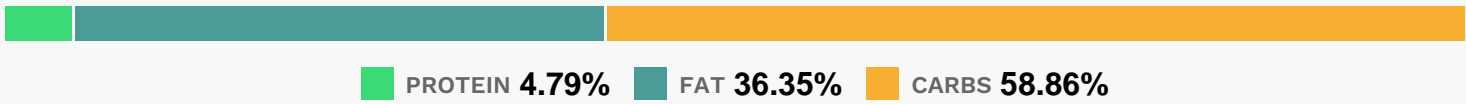
Directions

- ☐ Butter the inside of a 1.2-litre pudding basin. If youre steaming the pudding on the hob, boil the kettle and have a large saucepan with a lid and a heatproof saucer ready.
- ☐ Cut a sheet of foil and greaseproof paper, both about 30cm long, and butter the greaseproof.
- ☐ Spoon 3 tbsp syrup into the bottom of the basin.
- ☐ Lay 5 slices of clementine or satsuma in the bottom, overlapping like petals. In a bowl, beat the butter and sugar until creamy, then add eggs gradually, beating all the while, until light and fluffy.
- ☐ Add a spoonful of flour if the mix starts to split. Tip in the breadcrumbs and the rest of the flour, fold until combined, then add all remaining ingredients and fold again. Spoon mix on top of the fruit slices.
- ☐ Add remaining slices of clementine or satsuma against the side of the bowl as you go.
- ☐ To cook on the hob, cover with greaseproof and foil and steam for 1 hrs (see Know-how, below). To microwave, losely cover with cling film, pierce once, then cook on Medium for 12

mins. To check its done, poke a skewer into the pudding; it should come out clean.

- ☐
- Make the syrup by heating the ingredients in a small pan. When the pudding is ready, turn out and serve drenched with syrup, or leave to cool and chill for up to 3 days. To reheat, re-cover with foil and greaseproof and steam for 30 mins, or cover with cling film and microwave on Medium for 5 mins until hot. Reheat sauce in the microwave or in a pan.

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:21.74, Inflammation Score:-5, Nutrition Score:8.6639131359432%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 499.74kcal (24.99%), Fat: 20.34g (31.3%), Saturated Fat: 11.97g (74.81%), Carbohydrates: 74.12g (24.71%), Net Carbohydrates: 70.44g (25.62%), Sugar: 53.82g (59.8%), Cholesterol: 108.41mg (36.14%), Sodium: 251.6mg (10.94%), Alcohol: 1.15g (100%), Alcohol %: 0.9% (100%), Protein: 6.03g (12.06%), Selenium: 12.66µg (18.08%), Manganese: 0.35mg (17.29%), Vitamin C: 13.25mg (16.05%), Fiber: 3.68g (14.72%), Vitamin A: 652.34IU (13.05%), Vitamin B1: 0.16mg (10.83%), Calcium: 103.49mg (10.35%), Vitamin B2: 0.16mg (9.54%), Iron: 1.64mg (9.09%), Phosphorus: 89.72mg (8.97%), Potassium: 309.67mg (8.85%), Magnesium: 32.23mg (8.06%), Folate: 31.88µg (7.97%), Copper: 0.15mg (7.7%), Vitamin K: 6.24µg (5.94%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.86mg (5.76%), Vitamin B5: 0.57mg (5.66%), Vitamin B6: 0.1mg (5.1%), Zinc: 0.68mg (4.51%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.33µg (2.2%)