



Strawberry & sweet wine savarin

 Vegetarian

READY IN



135 min.

SERVINGS



10

CALORIES



776 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g strong flour plain
- ☐ 1 tbsp golden caster sugar
- ☐ 1.5 tsp easy-blend yeast
- ☐ 125 ml warm milk
- ☐ 2 large eggs
- ☐ 50 g butter soft
- ☐ 10 servings warm apricot jam
- ☐ 575 ml pot double cream

- ☐ 800 g golden caster sugar
- ☐ 4 lemon zest (use a potato peeler)
- ☐ 300 ml vin santo such as muscat de beune de venise or orange muscat
- ☐ 800 g strawberry hulled halved
- ☐ 2 juice of lemon
- ☐ 3 tbsp golden caster sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Mix the flour, sugar and yeast in a bowl with a pinch of salt.
- ☐ Mix the milk and eggs, then pour in and beat well to make a thick, sticky batter. Dot over the butter, then cover and leave in a warm place for about 30 mins until doubled in size.
- ☐ Meanwhile, make the syrup.
- ☐ Heat sugar and zest with 125ml water until the sugar dissolves.
- ☐ Remove from heat and stir in wine.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ When the batter has risen, beat it with a wooden spoon for about 1 min to mix in the butter, then spoon into a buttered 25cm ring mould. Cover with oiled cling film and leave until it reaches three-quarters of the way up the tin.
- ☐ Remove cling film and bake for 15 mins until well risen and golden, then pour over the wine syrup. Cover and leave until ready to serve. You can freeze this or leave it overnight in a cool place. To serve, turn the savarin onto a large serving plate and brush with the jam so it looks nice and sticky.
- ☐ Mix the strawberries with the lemon and sugar and pile into the middle. Decorate with strawberry leaves, if you have them, and serve with cream.

Nutrition Facts



 **PROTEIN 3.4%**  **FAT 31.47%**  **CARBS 65.13%**

Properties

Glycemic Index:20.3, Glycemic Load:13.09, Inflammation Score:-8, Nutrition Score:13.99652176318%

Flavonoids

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Nutrients (% of daily need)

Calories: 776.25kcal (38.81%), Fat: 26.83g (41.28%), Saturated Fat: 16.48g (103%), Carbohydrates: 124.95g (41.65%), Net Carbohydrates: 122.36g (44.49%), Sugar: 99.87g (110.97%), Cholesterol: 114.86mg (38.29%), Sodium: 102.99mg (4.48%), Alcohol: 4.66g (100%), Alcohol %: 1.79% (100%), Protein: 6.52g (13.04%), Vitamin C: 54.57mg (66.14%), Manganese: 0.55mg (27.49%), Vitamin A: 1102.29IU (22.05%), Selenium: 13.83µg (19.76%), Folate: 76.44µg (19.11%), Vitamin B2: 0.32mg (18.92%), Vitamin B1: 0.26mg (17.26%), Calcium: 157.17mg (15.72%), Iron: 2.3mg (12.76%), Phosphorus: 118.84mg (11.88%), Potassium: 403.75mg (11.54%), Fiber: 2.6g (10.39%), Vitamin B3: 1.92mg (9.59%), Magnesium: 33.84mg (8.46%), Vitamin D: 1.27µg (8.45%), Copper: 0.16mg (7.98%), Vitamin B5: 0.75mg (7.46%), Vitamin B6: 0.14mg (7.22%), Vitamin E: 1.04mg (6.96%), Zinc: 0.68mg (4.55%), Vitamin B12: 0.26µg (4.33%), Vitamin K: 4.09µg (3.9%)