



The ultimate makeover: Sponge pudding & custard

READY IN



95 min.

SERVINGS



6

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 1 large apples
- ☐ 140 g blackberries fresh
- ☐ 50 g brown sugar
- ☐ 1.5 tsp double-acting baking powder
- ☐ 2 eggs
- ☐ 85 g butter softened
- ☐ 50 g g muscovado sugar light
- ☐ 140 g flour plain

- ☐ 2 tbsp milk
- ☐ 1 orange zest finely grated
- ☐ 25 g brown sugar
- ☐ 1.5 tsp custard powder
- ☐ 1.5 tsp cornstarch
- ☐ 300 ml milk
- ☐ 1 egg yolk
- ☐ 1 vanilla pod
- ☐ 200 ml crème fraîche

Equipment

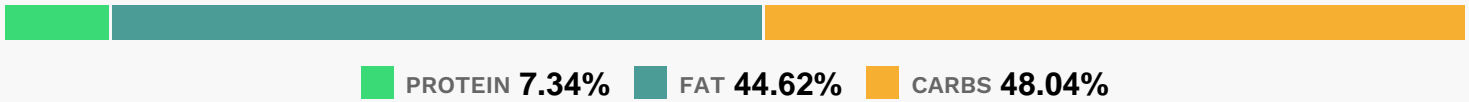
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Very lightly butter a 1-litre pudding basin.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Coarsely grate one of the apple quarters and thinly slice the rest.
- ☐ Combine the sliced apple and blackberries, toss with the 2 tbsp caster sugar and spoon half into the bottom of the basin.
- ☐ Mix together the flour and baking powder. Beat both the sugars and butter together in a large bowl with an electric hand beater until light and creamy. Break in 1 egg and beat well, then beat in the second egg (the mix will look curdled). Sift half the flour mixture over the sponge mixture and fold in gently. Carefully stir in half the milk, then repeat with the rest of the flour and milk, followed by the orange zest and reserved grated apple.
- ☐ Spoon two-thirds of the sponge mixture over the fruit mix in the basin and level off.

- ☐ Spread the rest of the fruit on top, followed by the remaining sponge mix.
- ☐ Place the basin in a small roasting tin half filled with hot water.
- ☐ Bake for 1 hrs (lay foil over the top for the last 15 mins if it is browning too quickly) until a skewer inserted in the middle comes out clean.
- ☐ While the pudding is baking, make the custard.
- ☐ Mix the sugar, custard powder and cornflour with 1 tbsp of the milk to make a paste. Beat in the egg yolk.
- ☐ Pour the remaining milk into a pan, slit the vanilla pod lengthways and scrape in the vanilla seeds.
- ☐ Add the pod to the milk and bring just to the boil.
- ☐ Pour this over the cornflour mix, stir, then pour into a clean pan. Cook over a medium heat, stirring all the time, until it is thick enough to coat the back of a spoon.
- ☐ Remove from the heat and stir in the crme frache.
- ☐ Loosen pudding from the sides of the basin with a round-bladed knife and carefully invert it onto a serving plate.
- ☐ Serve with the custard.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:14.78, Inflammation Score:-6, Nutrition Score:11.553913054259%

Flavonoids

Cyanidin: 23.91mg, Cyanidin: 23.91mg, Cyanidin: 23.91mg, Cyanidin: 23.91mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 9.13mg, Catechin: 9.13mg, Catechin: 9.13mg, Catechin: 9.13mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 428.73kcal (21.44%), Fat: 21.67g (33.33%), Saturated Fat: 12.07g (75.41%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 49.5g (18%), Sugar: 29.24g (32.49%), Cholesterol: 144.11mg (48.04%), Sodium: 281.57mg (12.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Selenium: 17.39µg (24.84%), Vitamin B2: 0.38mg (22.44%), Calcium: 217.47mg (21.75%), Phosphorus: 184.28mg (18.43%), Manganese: 0.35mg (17.69%), Folate: 67.21µg (16.8%), Vitamin A: 815.42IU (16.31%), Vitamin B1: 0.24mg (15.87%), Fiber: 2.98g (11.91%), Vitamin C: 9.74mg (11.8%), Iron: 1.96mg (10.91%), Vitamin B12: 0.59µg (9.77%), Vitamin B5: 0.89mg (8.89%), Vitamin B3: 1.71mg (8.53%), Potassium: 285.62mg (8.16%), Vitamin E: 1.06mg (7.06%), Vitamin K: 7.16µg (6.82%), Magnesium: 26.32mg (6.58%), Zinc: 0.97mg (6.45%), Vitamin B6: 0.12mg (5.86%), Copper: 0.12mg (5.83%), Vitamin D: 0.46µg (3.04%)