

MALVA PUDDING EDIBOWLS WITH CUSTARD ICE CREAM

Serves 6

INGREDIENTS

For the malva pudding:

2 cups cake flour
2 tsp baking powder
1 tsp bicarbonate of soda
Pinch of salt
1/3 cup butter, softened
1 cup dark brown sugar
2 eggs
2 tbsp apricot jam
1 tbsp apple cider vinegar
1 cup milk

For the sauce:

½ cup milk
¼ cup water
½ cup dark brown sugar
¼ cup butter

Serving suggestion:

6 scoops Ola Rich 'n Creamy Custard Flavoured Frozen Dessert

METHOD

For the malva pudding:

1. Preheat the oven to 180°C and grease an extra-large 6-cup muffin tray.
2. Sift the flour, baking powder, bicarbonate of soda and salt together and set aside.
3. In a separate bowl, cream together the softened butter and sugar with a spatula or electric mixer.
4. Once pale, light and airy, add the eggs one at a time, beating well after each addition.
5. Add the apricot jam and vinegar and mix well.
6. Add the sifted dry ingredients and the milk to the creamed mixture and fold together until just combined.
7. Pour the batter into the prepared muffin tin to fill three-quarters and bake for 14 - 18 minutes, or until an inserted skewer comes out clean.
8. As soon as the muffin tray is removed from the oven, use a glass and press over into the malva cake so that a cup shape is formed.



For the sauce:

1. 10 minutes before the malva puddings are done, add all the sauce ingredients to a medium saucepan and bring to the boil, stirring continuously to ensure the sugar is dissolved. Simmer for 5 minutes.
2. Pour the prepared sauce over the malva cups and allow it to seep in. The outside of the cups should be slightly crispy, and the centre should be moist. **Chef's Tip: These can hold in the fridge for a day, but are best served immediately.*



Serving suggestion:

1. Serve the malva cups while still warm with a large scoop of Ola Rich 'n Creamy Custard Flavoured Frozen Dessert in each cup. Drizzle with caramel sauce, serve and ENJOY!