

PROUDLY SOUTH AFRICAN DESSERTS 3 WAYS

Apple Crumble Custard Slice

Makes 12

INGREDIENTS

4 apples, peeled, cored and thinly sliced
5 tbsp butter
1 tbsp brown sugar
½ tsp cinnamon
2 sachets (10g) gelatine powder
1L Ultra Mel Vanilla Flavoured Custard
1 packet (200g) tennis biscuits

Serving suggestion:

Icing sugar, to dust

METHOD

1. Combine the apples, butter, sugar and cinnamon in a medium-sized pot and allow to cook, covered, over a low heat for 7-10 minutes until the apples have softened but don't break apart. Set aside to cool.
2. Add 3 tablespoons of cold water to a small bowl and sprinkle the gelatine powder over the water in an even layer. Set aside for 5 minutes before microwaving the mix in 20-second intervals until completely dissolved. **Chef's Tip: Do not allow to boil.*
3. Pour Ultra Mel custard into a medium bowl and mix in the gelatine mixture.
4. Line a medium baking dish with baking paper, slightly hanging over the sides.
5. Cover the base with a layer of tennis biscuits, arranged side-by-side, snugly.
6. Pour half the custard filling over the biscuit layer and refrigerate for 1 hour, or until just set.
7. Once set, lay the apple slices over the custard layer in an even, tightly-packed layer.
8. Crush the remaining tennis biscuits roughly by placing them in a resealable bag and bashing them with a rolling pin. Ensure the biscuits crumbs remain coarse.
9. Pour the remaining custard mixture over the apple layer and cover with a densely packed layer of the crushed biscuits. Set in the fridge for an hour.
10. Slice into equal squares, dust lightly with more crushed biscuits over the top and ENJOY!



Milk Tart Pull-Apart Buns

Makes 12

INGREDIENTS

2½ cups NutriDay Double Cream Plain Yoghurt
½ cup sugar
5 cups self-raising flour
2 cups Ultra Mel Vanilla Flavoured Custard
1 tbsp ground cinnamon
⅓ cup melted butter

Serving suggestion:

Melted white chocolate

METHOD:

1. Preheat the oven to 180°C and grease a medium-square baking dish.
2. Whisk the sugar into the NutriDay Double Cream Plain Yoghurt.
3. Sift the flour and gently fold in the sweetened yoghurt until the mixture forms a dough.
4. On a floured surface, knead the dough by hand for 5-8 minutes. If the dough is too sticky, add more flour, a little at a time, while kneading until smooth.
5. Divide the dough into 12 evenly-sized pieces and roll into smooth balls.
6. Whisk the ground cinnamon into the Ultra Mel custard and spoon into a piping bag. Pipe a large dollop of cinnamon-flavoured custard into each dough ball and pinch the hole to close. Place the dough balls in a baking dish, 1cm apart from one another with the pinched hole facing the bottom. **Optional: Set the buns aside for 30 minutes, covered, in a warm place to rise.*
7. Brush the melted butter over each bun and bake for 20-25 minutes, or until golden in colour.
8. When the buns come out of the oven, drizzle generously with the melted white chocolate and serve immediately. ENJOY with the family (or keep them all for yourself, we won't tell!).

Malva & Custard Lava Cakes

Makes 12

INGREDIENTS

1½ cups Ultra Mel Vanilla Flavoured Custard

5 tbsp butter, softened

¾ cup brown sugar

2 eggs, at room temperature

3 tbsp apricot jam

1 cup milk

2 tbsp apple cider vinegar

2 cups cake flour

2 tsp bicarbonate of soda

1½ cups ideal milk

5 tbsp butter, cubed

⅓ cup sugar

METHOD:

1. Pour the Ultra Mel Custard into a large, 12-hole ice tray and allow to freeze for 6 hours, or overnight for best results.
2. Preheat the oven to 180°C. Line the bottom of each hole in a medium muffin tray with a circle of baking paper and grease to ensure the malva cups come out smoothly.
3. Beat the butter and sugar until light and fluffy. Add the eggs one at a time, until well combined.
4. Whisk in the apricot jam, milk and apple cider vinegar.
5. Sift the flour and bicarbonate of soda and whisk in slowly, until just combined.
6. Fill each muffin hole a quarter of the way with the malva batter. Place a frozen custard cube on top of the batter and fill the muffin holes with the rest of the batter, covering the frozen custard.
7. Bake the malva cups for 16-18 minutes.
8. In the meantime, prepare the soak-in syrup. Combine the ideal milk with the butter and sugar and stir over medium-high heat until the sugar has dissolved. Ensure the mixture does not boil.
9. When the malva cups are cooked and ready, place a wooden board over the slightly cooled muffin tray and in one fast but careful motion, tip the tray over. While the cakes are still warm, spoon a few tablespoons of the soak-in syrup over them.
10. Transfer each malva cup to the serving plates while still warm. Pour over some more syrup just before digging in to reveal the oozing custard inside and ENJOY!