

Malva Pudding - A Rich, Buttery Dessert Drenched in Creamy Sauce

Delicious Malva Pudding Paradise



OVEN
350°F

TIME
35 min

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INGREDIENTS

For the Pudding:

- 1 cup sugar
- 2 large eggs
- 1 cup apricot jam
- $\frac{1}{2}$ cup milk
- 1 teaspoon baking soda
- 1 cup cake flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup butter, melted

For the Sauce:

- 1 cup heavy cream
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup butter
- 1 teaspoon vanilla extract

DIRECTIONS

- 1. Preheat and Prepare:** Preheat oven to 180°C (350°F). Grease a 9x9-inch baking dish with butter or nonstick spray.
- 2. Make the Batter:** In a large bowl, beat sugar and eggs until pale and fluffy. Mix in apricot jam until smooth. In a separate bowl, combine milk and baking soda, then slowly mix into the jam mixture. Add flour, salt, and melted butter, folding just until combined.
- 3. Bake:** Pour the batter into the greased dish and bake for 30-35 minutes, or until the top is golden brown and a toothpick comes out clean.
- 4. Make the Sauce:** While the pudding bakes, combine cream, sugar, water, butter, and vanilla in a saucepan. Bring to a boil, then reduce to a gentle simmer for 5 minutes, stirring occasionally.
- 5. Soak the Pudding:** As soon as the pudding comes out of the oven, poke it gently with a fork and pour the hot sauce evenly over the top. Let it sit and soak for at least 15 minutes before serving.

SWAPS & NOTES

& Substitutions Apricot jam: This adds a soft fruity tang-substitute with peach or orange marmalade if needed.

Cake flour: Gives the pudding a tender texture.

All-purpose flour works in a pinch, but sift it first.

Cream: Use heavy cream for maximum richness in the sauce.

TIPS FOR SUCCESS

Don't overmix the batter -fold until just combined for a tender crumb.

Pour the sauce while the pudding is hot to ensure full absorption.

Let it rest after soaking-it gets better as it sits.

Serve warm with vanilla ice cream, whipped cream, or custard. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/malva-pudding-a-rich-buttery-dessert-drenched-in-creamy-sauce/>