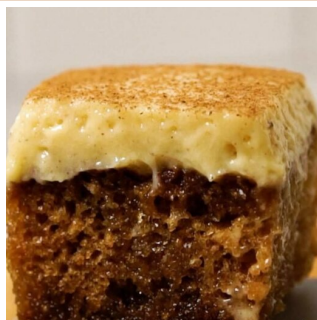


Malva Pudding with Milk Tart Topping: A South African Dessert Fusion

Malva Pudding with a Creamy Milk Tart Custard



OVEN
350°F

TIME
30 min

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INGREDIENTS

For the Malva Pudding Base: 1 cup all-purpose flour
1 teaspoon baking soda 1/2 cup granulated sugar 1
large egg 1 tablespoon apricot jam 1 tablespoon
melted butter 1 teaspoon vinegar 1/2 cup milk:

For the Milk Tart Custard Topping: 2 cups milk 2
tablespoons cornstarch 1 tablespoon all-purpose
flour 1/3 cup sugar 2 egg yolks 1 teaspoon vanilla
extract 1 teaspoon butter Ground cinnamon (for
sprinkling):

DIRECTIONS

1. Steps for the : Recipe
2. Preheat : Oven and Prep Pan
3. : Preheat your oven to 350°F (180°C). Grease a medium-sized baking dish with butter or non-stick spray.
4. Combine : Wet Ingredients
5. : In a mixing bowl, beat the egg and granulated sugar together until the mixture is light and fluffy. Add the apricot jam, melted butter, and vinegar, mixing until well combined.
6. Mix : Dry Ingredients
7. : In a separate bowl, sift the all-purpose flour and baking soda together.
8. Alternate : Wet and Dry
9. : Add the dry ingredients to the wet ingredients in alternating batches with the milk. Mix until just combined, being careful not to overmix.
10. Bake the : Pudding
11. : Pour the batter into the prepared baking dish. Bake for 25-30 minutes, or until the pudding is golden brown and a toothpick inserted into the center comes out clean.
12. Start the : Custard
13. : While the pudding is baking, begin the custard. In a saucepan, heat 2 cups of milk over medium heat until it's simmering, but not boiling.
14. Create : Custard Base
15. : In a separate bowl, whisk together the cornstarch, flour, sugar, and egg yolks with the remaining 1/2 cup of milk until the mixture is smooth and free of lumps.

16. Thicken the : Custard
17. : Slowly pour the egg mixture into the hot milk in the saucepan, whisking constantly to prevent the eggs from scrambling. Cook for a few minutes, continuing to whisk, until the custard thickens to a pudding-like consistency.
18. Finish the : Custard
19. : Remove the pan from the heat and stir in the teaspoon of butter and the vanilla extract.
20. Combine and : Serve
21. : As soon as the Malva Pudding comes out of the oven, pour the warm milk tart custard evenly over the entire surface. Let it set for 10-15 minutes to allow the custard to soak into the cake.
22. Garnish and : Enjoy
23. : Sprinkle a generous amount of ground cinnamon over the top and serve warm or at room temperature.

SWAPS & NOTES

Apricot Jam : While apricot jam is traditional for Malva Pudding, you can use any fruit jam you have on hand, such as peach or even orange marmalade, for a slightly different flavor.

Vinegar : The vinegar might seem like an odd addition, but it's crucial for activating the baking soda and giving the pudding its characteristic light and airy texture.

You can use white vinegar or apple cider vinegar.

Milk : Any type of milk will work for both the pudding and the custard.

TIPS FOR SUCCESS

Don't Overmix the Batter : Overmixing the Malva Pudding batter can make it tough.

Mix until the ingredients are just combined for a tender, moist cake.

Whisk the Custard Constantly : When adding the egg mixture to the hot milk, it's crucial to whisk constantly to ensure a smooth, lump-free custard.

Hot Pudding, Hot Custard : Pouring the warm custard over the hot pudding is essential.

