

Apple Sponge Pudding



🕒 **Prep: 15 minutes**

🕒 **Cook: 35 minutes**

🍴 **Serves: 4-6**

Recipe info

Ingredients

Oil for greasing
5 – 6 eating apples
2 tbsp golden syrup
150g butter
100g caster sugar
3 medium eggs, beaten
150g self raising flour
1 tsp vanilla essence

Equipment

Pastry brush
Ovenproof dish
Sharp knife
Chopping board
Corer
Measuring spoons
Weighing scales
Large mixing Bowl
Mixing spoon
Tablespoon
Oven gloves
Cooling rack

Description

This hot dessert is traditionally cooked in late summer when apples are in abundance. It also works well with plums.

Method / What to do

1. Pre-heat the oven to 180°C / gas mark 4.
2. Grease the ovenproof dish.
3. Peel, core and slice the apples.
4. Place the apples in the oven proof dish, and drizzle over the golden syrup.
5. Cream together the butter and sugar in a bowl, until pale and creamy.
6. Gradually beat in the eggs, beating well between each addition.
7. Fold in the flour and vanilla essence using the tablespoon.
8. Spoon the mixture over the apples and bake in the oven for about 35 minutes, until golden and firm to the touch.
9. Serve with low fat yoghurt.

Variations

- 🕒 Replace the apples with 10 plums or similar amounts of other fruit.
- 🕒 Top the sponge batter with a sprinkle of chopped almonds before placing it in the oven. (Be careful of nut allergies.)

