

Edith's Economical Pudding

(adapted from a recipe in
Maureen Simpson's *Australian Cuisine*)

- 60g (2oz) unsalted butter, very soft
- 70g (1/3 cup) white sugar
- 1 large (59g) egg
- 125g (1/2 cup) milk
- grated rind of 1 lemon
- 225g (1 1/2 cups) self-raising flour
- 150g (1 cup) sultanas (or other mixed fruit - I added dried blueberries and cranberries as well)



Sauce

- 150g (3/4 cup) brown sugar
- 1 tablespoon golden syrup (or treacle or light molasses - I used date molasses)
- 250g (1 cup) water
- 60g (2oz) unsalted butter
- juice of half a lemon

1. Preheat oven to 180C/360F or 170C/340F with fan. Put 60g butter, white sugar, egg, milk, lemon rind and flour into a bowl and beat with a spatula or wooden spoon until combined. Make sure the butter is very soft (but not melted) before you start and this should only take a minute or two. Stir in the sultanas.

2. Scrape the batter into a greased baking dish or casserole - there was enough mix to just cover the bottom of mine. The size of your baking dish will determine how long you'll need to bake the pudding for.

3. In a medium saucepan, combine all the sauce ingredients excluding the lemon juice. Stir over a medium heat to dissolve the sugar, and then bring to a boil for 2 - 3 minutes. Add the lemon juice. Pour the hot sauce over the top of the batter.

4. Bake in the preheated oven for 40 - 60 minutes, depending on the width of your baking dish. The wider your dish, the thinner the cake topping and consequently the shorter the baking time. Our pudding took 45 minutes to bake to dark golden. Serve with microwave custard!

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