



Steamed sponge pudding

This is family favourite, and I seem to have a few extra people to dinner when this dessert is on the menu.

Ingredients:-

3 tablespoons	Golden syrup
180 grams	Plain flour
180 grams	Butter, softened, with a little for greasing the basin
3 tsp	Baking powder
180 grams	Golden caster sugar (or normal caster sugar is fine)
3	Medium eggs

Equipment:-

A 1 litre pudding bowl
Large saucepan with a lid
Greaseproof paper
Foil
String

Mixing instructions:-

- 1/ Grease the 1 litre pudding basin and put to one side.
- 2/ Using either an electric whisk or an electric mixer, place the butter, eggs, sugar, baking powder and flour and mix till all the ingredients is combined.
- 3/ Pour the Golden syrup into the greased basin, pouring some onto the sides as well.
- 4/ Pour the batter mixture into the basin and cover with a piece of greaseproof paper, and a piece of foil with an additional fold in the middle and tie it all in place with a piece of string.

Baking instructions:-

- 1/ take along length of foil and fold several times to about 5cm across, make sure it is longer than the pudding basin, place this in the saucepan with the pudding basin on top, this will help you lift the basin out when the pudding is cooked.
- 2/ Pour boiling water into the sauce pan to about halfway up the basin, place the lid on the saucepan, and steam for 2 hours and 15 minutes, on the gas or electric hob.
- 3/ Top up the water in the saucepan as and when required.
- 4/ when the pudding is nearly cooked you will see the pudding has risen, a good indication the pudding is cooked. To check if it is cooked remove the foil and greaseproof paper and insert a skewer. If it comes out clean this pudding is cooked, if it is not, cook the pudding another 15 minutes, check there is still enough water, top up if required.
- 5/ Using the foil under the pudding basin, grab each end of it (the foil will be hot so use an oven cloth to help) and lift the pudding from the pan.
- 6/ Run a knife around the edges to loosen the edges, place a plate on top and turn it over, leave it for a few minutes to allow the syrup to cool, after about 20 minutes slowly remove the pudding basin allowing the syrup to soak into top
- 7/ The steam pudding is ready! Enjoy hot or cold, with custard, cream or icecream