

Courtesy of The Red Cross – Please Donate



Steamed Pudding with Butterscotch Sauce

100g butter, softened
½ cup caster sugar
2 eggs
1 cup flour
1 teaspoon baking powder
¼ cup milk
½ teaspoon vanilla essence
extra butter for greasing bowl

Butterscotch Sauce

3 tablespoons each: butter, brown sugar, golden syrup
⅓ cup cream

1. Generously grease a steamed pudding bowl (4-cup capacity) with butter. Half-fill a large saucepan with water and bring to the boil. Place an upturned saucer or egg ring in the bottom of the pan for resting the pudding bowl on.
2. To make the sauce, combine all the ingredients in a saucepan. Stir until the mixture comes to the boil and simmer gently for 1-2 minutes. Pour into the pudding bowl and set aside.
3. Meanwhile, cream the butter and sugar with an electric beater until light and fluffy. Add the eggs one by one, beating well after each addition.
4. Sift the flour and baking powder. Add to the egg mixture alternately with the milk and vanilla essence. Fold gently to combine.
5. Carefully spoon the batter on top of the sauce. Place the lid on the pudding bowl and lower it into the boiling water, making sure the water comes halfway up the sides of the bowl. Cover the saucepan with a lid and boil gently for 1 hour.
6. To serve, run a knife around the edges of the pudding and turn out onto a plate. Served with softly whipped cream or custard.

Serves 4-6.



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