

South African Malva Pudding



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- Sub Category Name
Combo
Desserts
- Recipe Source Name
The Chefs and the Tea Maker - 2014



Used Teas



Meda Watte

Ingredients

South African malva pudding Malva pudding

- 30ml butter
- 125ml white sugar

- 1 large egg
- 15ml apricot jam
- 15ml vinegar
- 5ml bicarbonate of soda
- 125ml milk
- 250ml flour
- Pinch of salt

Malva pudding sauce

- 125g butter
- 185ml white sugar
- 65ml water
- 185ml cream
- 5ml vanilla essence
- 20ml Dilmah Meda Watte Tea, brewed

Fruit salsa

- 2 oranges, cubed
- 1/4 watermelon, cubed
- 1/2 papaw, cubed
- 1 lime, zested
- 1 medium mango, brunoises
- 1/8 cup lemon juice
- 1 tbsp fresh mint, finely chopped
- 1 red chilli, deseeded and finely chopped

Nut brittle

- 1 cup pistachio nuts
- 2 tbsp brown sugar
- 5 tbsp honey
- 3/4 cup butter
- 2 tsp sea salt flakes

Tea and orange sauce

- 1 cup Dilmah Meda Watte tea
- 1/2 cup Cointreau
- 1 large orange, zest
- 1 cup water
- 2 cups sugar

- mint shoots

Methods and Directions

South African malva pudding

Malva pudding

- Cream the butter and sugar together, beat in the egg until light and fluffy and then the apricot jam.
- Dissolve the bicarbonate of soda in the milk.
- Sift the flour and salt together and add to the creamed mixture alternating with the milk.
- Stir in the vinegar.
- Pour into 4 small rectangle tins, cover with foil and bake at 180°C for 1 hour.
- To make the sauce, bring the butter, sugar and water to the boil and simmer for 2 minutes stirring all the time.
- Remove from the stove and add the cream, vanilla and tea.
- Prick holes into the baked pudding and slowly pour the sauce over.

Fruit salsa

- Combine all the ingredients in a bowl and mix well being careful to not mix too forcefully.

Nut brittle

- Heat the butter in a non-stick frying pan and add the nuts, sugar and honey.
- Fry until the nuts begin to caramelize.
- Remove nuts from the heat and season with salt.
- Add more if desired.
- Chop up some of the brittle into a dust for garnishing and select a few as individual nuts for plating.

Tea and orange sauce

- In a medium-sized saucepan put the Cointreau and burn off the alcohol, add the Meda Watte tea, white wine vinegar, water, sugar and orange zest.
- Bring to the boil, reduce to a simmer.
- Reduce the mixture until a thick syrup forms.
- Strain to remove the zest and allow to cool.