

Malva Pudding



Company/Seniors



30 – 90 minutes



The World Around Us



Baking

WHAT YOU NEED

- Aprons
- Utensils as below
- Ingredients as below
- Printed out recipes (see below)

We are so lucky to live in a world that is full of exciting countries and cultures. This activity will allow the young people to take a minute to discover what it might be like to live in a different country and sample a tasty treat that they may have never had the experience to try.

This activity promotes the world around us to allow the young people to explore a new culture to learn something new, promote conversations and working together to complete the task and will get something rewarding from it.

Malva Pudding is Cape Town's favourite dessert and is served by many South Africans in their homes. It originates from the Afrikaans term; "malvaekker" which means marshmallow because of the puddings sweet taste like a marshmallow. Malva Pudding was made famous by Oprah Winfrey and was one of Nelson Mandela's favourite foods.

INSTRUCTIONS

1. Introduce to the young people that in our world there are a variety of different cultures, there may even be someone in your company from a different country or culture.
2. Encourage the young people to wash their hands and put on aprons.
3. Give out the recipe and put the young people into groups.
4. Provide adult supervision throughout especially when using the oven.
5. While the bakes are cooking in the oven tidy up and when ready try your delicious treats and take them home.

Malva Pudding – South Africa

A traditional South African pudding, this toffee-like sponge dessert is soaked in a sweet cream syrup which ups the ante in the sweetness stakes! Serve with ice-cream or whipped cream.

For The Pudding:

150g plain flour
1 ½ teaspoons bicarbonate of soda
2 tablespoons apricot jam
2 free range eggs
175g brown sugar
55g caster sugar
200ml milk (preferably full fat)
50g melted butter, plus extra for greasing
1 tablespoon white wine or spirit vinegar

For The Sauce

200ml double cream
100ml milk (preferably full fat)
160g caster sugar
80g butter
1 tablespoon vanilla extract
Cream or ice cream to serve (optional)

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4. Grease an ovenproof ceramic or glass dish that is approximately 20x30cm (8x12inch)
2. Place the flour in a large bowl and sprinkle over the bicarbonate of soda. In a separate bowl, whisk together the jam, eggs and sugar until pale in colour. Mix the milk, butter and vinegar together. Alternate adding a bit of the milk mixture, until everything is combined and forms a smooth batter.
3. Pour the batter into the prepared dish, cover with kitchen foil and bake for 35-40 minutes until the sponge is cooked through and bouncy to touch. Then remove the tinfoil and return the oven for another 10 minutes to brown the top. The edges will turn a dark brown which makes them caramel-like and chewy.
4. To make the sauce, heat all the ingredients and 5 tablespoons water in a saucepan over a medium heat. Simmer for 2 minutes then turn off the heat.
5. When cooked, remove the pudding from the oven and set aside for a few minutes. Pour over the hot sauce and leave to soak up for at least 10 minutes before serving. Serve the pudding with cream or ice cream, if desired.

Recipe taken for free from BBC Good Food.