

Femina – Toffee apple pudding Recipe

Website: Femina

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Recipe: Toffee apple pudding

by **Gia Claudette Fernandes** | May 18, 2018, 4:14 PM IST

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Toffee apple pudding



Ingredients

For the toffee sauce

125 g butter

175 g brown sugar

200 g fresh cream

1 tsp vanilla essence

For the pudding

175 g butter, plus extra for greasing

3 large red apples

130 g brown sugar

2 eggs, beaten

4 tbsp milk

150 g refined flour

1 tsp lemon zest

lightly whipped double cream, for serving

Method

For the toffee sauce: in a small saucepan, melt the butter and sugar in a pan together over a medium heat, until the mixture begins to turn amber and caramelises.

Lower the heat and slowly stir in the cream and vanilla extract, then take off the heat and set aside to cool completely.

For the pudding: lightly butter a 9-inch baking basin. Cut a small disc of butter paper and place in the bottom.

Peel core and slice the apples. Heat 25 g butter and gently fry the apples until they are just tender and start to caramelise. Set aside to cool slightly.

In a bowl, beat together the rest of the butter and sugar until the mixture is pale and creamy. Gradually add in the beaten egg and milk mixing well.

Sift in the flour and fold into the batter until well-combined.

Scatter the apples onto the bottom of the buttered basin and drizzle over half the toffee sauce. Pour the sponge batter over the apples.

Cover the pudding basin with a lid, and then place a thin aluminium foil on top of the lid leaving little extra, and seal the edges.

Place the basin in a large saucepan or steamer and pour in enough boiling water to come halfway up the sides. Cover with a lid and steam for at least 1 hour or until a skewer inserted into the middle of the pudding comes out clean.

Turn the pudding out onto a plate and serve with remaining toffee sauce and whipped cream.

Recipe and photograph: Barbeque Nation

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