

## **Malva Pudding**

Let's taste the deep sweetness of custard or ice cream on the pudding of Dutch origin! It is a typical South African dessert made of apricot jam, and its name is from Malvacea wine from Madeira.

Particularly recommended to serve with a dessert wine from Cape, especially during a cold winter evening.

*Chakalaka's* chef, **Christa Janse Van Rensburg**, shows us how to cook this amazing South African dish, starting from the basic attitude full of love and passion towards the food and the Rainbow Nation.

### **The ingredients you need to prepare a delicious Malva Pudding...**

- 2 eggs
- 250 ml castor sugar
- 15 ml apricot jam
- 310 ml cake flour
- 5 ml bicarb
- 30 ml butter
- 125 ml milk
- 5 ml vinegar
- pinch salt

#### Sauce

- 250 ml cream
- 100 g butter
- 125 ml sugar

- 125 ml brandy

### **How to cook a perfect Malva Pudding...**

- Beat eggs and sugar, then add the jam.
- Sift flour, bicarb and salt.
- Melt butter, add to the milk and mix in the vinegar.
- Add all the liquids together and fold in the flour.
- Bake at 180°, more or less for 45 minutes.
- Combine all ingredients and bring to the boil. When pudding comes out the oven pour sauce over.

*...Then, enjoy all the sweetness of South Africa!!!*