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apple and pear steamed pudding

Autumn puds don't get much better than this traditional sponge with seasonal fruits and an irresistible sticky toffee sauce



- 175g butter, softened
- 2 eating apples, peeled, cored and cut into 2cm chunks
- 2 large pears (ripe), peeled, cored and cut into 2cm chunks
- 130g golden caster sugar
- 50g pecans, toasted and roughly chopped
- 3 eggs, beaten
- 150g self-raising flour
- for the toffee sauce:
 - 175g light muscovado sugar
 - 125g butter
 - 200g crème fraîche

Melt 25g of butter in a large frying pan. Then add the apples and pears, cooking until just soft and beginning to turn golden.

Next, add 1 tbsp sugar and cook for 2 minutes until it all begins to caramelize. Let it cool and then add the pecans.

For the sauce: Place all the sauce ingredients in a saucepan and cook until the butter and crème fraîche have melted. Bring to the boil and simmer for two 2 minutes.

Pour the apple, pear and pecan mixture into a buttered 1.5 litre pudding basin. Then pour a third of the toffee sauce over and set aside.

Beat the rest of the caster sugar and butter together, until pale and creamy. Gradually add the beaten eggs, mixing well as you go. Then fold in the flour with a pinch of salt. Spoon the mixture on top of the apples and spread level.

Cover with a pleated sheet of baking parchment and foil. Put the bowl in a large saucepan and fill pan with boiling water until it reaches halfway up the sides of the pudding bowl. Cover with a lid and steam for 1.5 hours, adding more water halfway through, if needed.

Leave the pudding to rest for 2 minutes, then turn out onto a dish and serve with the remaining toffee sauce.

Crown with a dollop of Cornish clotted cream, and enjoy!

Time: preparation, 20 minutes | cooking, 1.5 hours

Makes: 1 large pudding

products used

farmhouse Cornish butter (<https://www.roddas.co.uk/things-we-make/product/farmhouse-butter/>)

<https://www.roddas.co.uk/recipes/recipe/apple-and-pear-steamed-pudding/>

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