



APPLE SPONGE PUDDING

Season: Autumn
From the garden: Apples, eggs

Type: Dessert
Difficulty: Easy

Country of origin: England
Serves: 6 serves or 30 tastes
Source: countdown.co.nz

Equipment

- *chopping board and knife
- *vegetable peeler
- *bowls
- *wooden spoon
- *whisk
- *measuring cup and spoons
- *baking dish
- *saucepan
- *spatula

Ingredients

- *6 apples
- *2 tbsp sugar
- *strip of lemon peel
- *1 clove
- *60 g butter or margarine
- * $\frac{1}{2}$ cup sugar
- *1 egg
- *1 cup plain flour
- *1 $\frac{1}{2}$ tsp baking powder
- * $\frac{1}{2}$ cup milk

Method

1. preheat oven to 180 degrees

2. peel the apples, take out the core and cut them into slices
3. put the sliced apples into a saucepan and add a little bit of water, the 2 tbsp of sugar, lemon peel and clove
4. cook the apples gently for around 10 minutes until tender
5. while the apples are cooking, soften the butter in the microwave
6. add the sugar to the butter and beat with a wooden spoon until creamy
7. add the egg and whisk well
8. using the wooden spoon, fold in the flour, baking powder and milk
9. drain any excess liquid from the apples and place them in a baking dish
10. spread the sponge mixture evenly over the apples
11. place the dish in the oven and bake for around 20 minutes until the top is firm and golden
12. dust with icing sugar and serve

Notes: The pudding can be served with cream, ice cream or custard

Skills: measuring, *mixing, whisking, peeling, cutting*