

Apple & rhubarb sponge pudding



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Preparation: about 15 mins **Cooking:** about 8 mins **Serves:** 4

Ingredients:

- 2 medium Golden Delicious apples, peeled, cored and cut into thin wedges
- 1 bunch rhubarb*, trimmed and sliced into 2cm pieces
- $\frac{3}{4}$ cup caster sugar
- 125g butter, softened (+ extra for greasing)
- 1 tsp vanilla extract
- 2 eggs
- $\frac{3}{4}$ cup self-raising flour
- 1 tsp baking powder
- icing sugar, to serve
- reduced fat vanilla ice-cream, to serve

**You'll need 350g trimmed rhubarb – discard the leaves.*

Method:

1. Preheat oven to 180°C. Grease a 6-cup shallow baking dish (about 23cm long x 15cm wide x 5cm deep) with butter.
2. Combine apples, rhubarb and $\frac{1}{4}$ cup caster sugar in a medium bowl. Spoon into the prepared dish.
3. Using electric beaters, beat butter, remaining $\frac{1}{2}$ cup sugar and vanilla together in a large bowl until pale and creamy. Add eggs, one at a time, beating well after each addition. Sift flour and baking powder over mixture. Using a large metal spoon, gently fold mixture until combined.
4. Spoon batter over apples and rhubarb and gently smooth top. Bake for 50–55 minutes (cover loosely with foil when top is golden) or until sponge is cooked through. Stand for 10 minutes. Dust with icing sugar and serve with reduced fat vanilla ice-cream.

Rhubarb:

- Arguments abound over whether rhubarb is a fruit or a vegetable, but it's usually cooked and used as a fruit in Australia. It provides dietary fibre, which is important for healthy bowel function.
- A source of vitamin C, a vitamin whose many functions include helping to protect us from some infections.
- Provides some potassium, which the body uses to help balance adverse effects of salt.