

Apple & golden syrup pudding



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Preparation 30 mins | Cooking 1 hour 10 mins | Serves 6

- 1 kg Granny Smith apples, peeled, cored, quartered and sliced
- 2 tbs caster sugar
- 2 tbs water
- 1 cup self-raising flour
- ½ cup firmly-packed light brown sugar
- ⅓ cup milk
- 1 free-range eggs
- 75g butter, melted
- ⅓ cup golden syrup
- Sifted icing sugar, to serve

Syrup:

- ⅓ cup firmly-packed light brown sugar
- ⅓ cup golden syrup
- 1¼ cups boiling water

STEP 1 Preheat oven to 180°C/160°C fan-forced. Grease a large 8-cup (about 6cm deep) ovenproof dish with butter and place on a baking tray.

STEP 2 Place apples into a medium heatproof bowl. Sprinkle with caster sugar and water. Cover and microwave on high for 6-8 minutes or until tender. Cool in bowl for 10 minutes. Drain and arrange apples in prepared dish.

STEP 3 Sift flour into a large bowl. Stir in brown sugar. Whisk milk, egg, melted butter and golden syrup in a jug. Add to flour mixture and gently stir to combine. Spoon mixture over apples and smooth surface.

STEP 4 To make syrup, evenly sprinkle brown sugar over pudding mixture. Combine golden syrup and boiling water in a heatproof jug. Drizzle mixture over the back of a spoon onto the pudding. Bake for 50-55 minutes or until golden and cooked through (cover lightly with foil once top is deep golden). Set aside for 5 minutes. Dust with icing sugar and serve with ice-cream if desired.