

# Lemon delicious pudding



## Lemon delicious pudding

**Preparation:** about 25 minutes

**Cooking:** about 45 minutes

**Serves:** 4

*This lovely tangy dessert is best served shortly after baking.*

50g butter, softened + extra for greasing

$\frac{3}{4}$  cup caster sugar

3 x 60g free-range eggs (at room temperature), separated

$\frac{1}{2}$  cup lemon juice

2 tsp finely grated lemon rind

$\frac{1}{2}$  cup self-raising flour

1 cup milk

Icing sugar mixture, for dusting

2 passionfruit, pulp removed



### Lemons

- A good source of vitamin C, one of the vitamins that helps defend the body against infection.
- Lemon peel and juices contain pectin, a form of soluble fibre which helps beneficial bacteria in the large intestine.

1. Preheat oven to 180°C/160°C fan forced. Lightly grease 5-cup (base about 12cm wide x 22cm long x 6 cm deep) baking dish with butter.
2. Using an electric hand beater, beat butter and  $\frac{1}{2}$  cup caster sugar in a medium mixing bowl until light and creamy. Add egg yolks, one at a time, beating well after each addition. Add lemon juice and lemon rind (mixture will curdle). Mix until well combined. Sift over flour and add milk. Using a large metal spoon, gently stir to combine.
3. In a clean bowl, beat egg whites until soft peaks form. Beat in the remaining  $\frac{1}{4}$  cup caster sugar until thick and glossy. Using a large metal spoon, fold one third of egg whites into lemon mixture until combined. Gently fold in remaining egg whites. Spoon mixture into prepared dish. Place dish in a deep baking pan. Pour boiling water into baking pan to come half way up the sides of the dish. Bake for 40-45 minutes until pudding has risen and is pale golden. Carefully remove from oven. Stand 5 minutes then remove dish from water. Dust with icing sugar and serve drizzled with passionfruit pulp.

For fresh fruit and vegetable recipes visit  
[www.sydneymarkets.com.au](http://www.sydneymarkets.com.au)

**SYDNEY MARKETS**

**SYDNEY MARKETS**

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. WIN13