



## South African

### Traditional Malva Pudding (Cake)

Malvapoeding

3/4 cup whole milk  
1/2 cup dark brown sugar  
2 large eggs  
3 Tablespoons apricot jam, strained  
2 Tablespoons butter, melted  
1 teaspoon apple cider vinegar  
1-1/2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 pinch salt

#### Butter Sauce

1/2 cup heavy cream  
1/2 cup whole milk  
1/2 cup butter  
1/2 cup granulated sugar  
1/4 teaspoon salt

Serve with vanilla ice cream as desired; garnish with cherries and mint leaves

- Preheat the oven to 350 degrees F. and butter a 10-1/2-inch round baking dish.

- In a medium mixing bowl, whisk the milk, brown sugar, eggs, apricot jam, melted butter, and vinegar until fully combined.
- In another bowl, whisk together the flour, baking powder, baking soda and salt, and then combine thoroughly with the wet ingredients.
- Pour into the prepared baking pan and bake for 30 minutes or until a wooden toothpick inserted in the center comes out clean.
- Just before the pudding cake is done, make the sauce: In a saucepan over medium heat, combine the cream, milk, butter, sugar, and salt and heat until the butter is melted, and the sugar is dissolved.
- Once the cake is done, poke holes all over the hot pudding cake with a skewer or toothpick, loosen the edges, and then spoon the warm sauce over the pudding cake. Allow resting for a minimum of 30 minutes.
- Cut into slices to serve with a scoop of vanilla ice cream, garnish with cherries and mint leaves if desired. Store leftover pudding cake in the refrigerator in an airtight container for up to 3 days. Reheat before serving, either in a 350 degrees F. oven or microwave. Yield: 8 servings

**Cook's Note:** Our pudding cake was very thirsty and drank up all the butter sauce. We drizzled a little maple syrup on the bottom of our dessert plates. There are many different versions of Malva Pudding, depending on family recipes. We made two different recipes; one was more of a pudding cake and the other had a pancake texture. Both of them were delicious. We decided to print the pudding cake recipe since it stated that it was a traditional recipe.

**Recipe by:** Carla Zinkfontein – South African dessert

**About the Recipe:** This dessert is like a soft cake that is flavored with very light apricot jam and bakes with an exterior that becomes somewhat caramelized. After poking holes into the baked cake, a creamy sweet butter sauce is poured over the pudding cake, creating an out-of-the-world rich, delicious dessert to serve with vanilla ice cream.

### **South African Dessert - Grandma's house on a Sunday -**

“South Africa, Traditional Malva Pudding is on the menu pretty much all of the time. Moist, cakey pudding with sweet sauce, ice cream and maybe some custard, malva pudding has everything you need in a dessert. How can you go wrong with butter, sugar, and apricot jam? All of these ingredients create such a delicious dessert with the rest to hold it all together. Bake the pudding before lunch and pour the sauce over so that it can soak in after also poking a few holes in the pudding. Give it a quick bake in the oven to warm up when lunch or dinner is done. Serve with a big scoop of ice cream or custard and if you feel the need, there is nothing stopping you from adding both. Our Traditional Malva Pudding can feed a well-sized group of people with ease. The dessert you always expect to see at Sunday lunch in South Africa, our Traditional Malva Pudding will feed your family and fill everybody with joy.”

For More Information See:

<https://www.thesouthafrican.com/lifestyle/food/recipes/traditional-malva-pudding/#wpzoom-premium-recipe-card>