

Miele

Spotted dick pudding with crème anglaise

By Shannon Bennett

25 minutes

Prep time

1 hour 20 minutes

Cooking time

8 Servings

Serves



INGREDIENTS

160g butter
185g sugar
4 eggs, lightly beaten
Finely grated zest of 1 large orange
½ cup currants
100g self-raising flour
30ml milk

Crème anglaise

8 egg yolks
80g caster sugar
1 teaspoon vanilla bean paste
300ml cream
300ml full cream milk

To serve

Icing sugar

METHOD

1. Grease and line a small perforated steam tray with baking paper.
2. Cream the butter and sugar together with electric beaters until light and creamy.
3. Add the eggs, a little at a time, making sure each addition is thoroughly incorporated before adding more.
4. Add orange zest, currants, flour and milk, gently fold to combine, being careful to not over mix.
Spoon the batter into the lined tray. Cover tightly with foil, shiny side facing in. Steam at 100°C for 1 hour 20 minutes. The currants will sink to the bottom; this is what makes it attractive when scooped out to serve.

Crème anglaise

1. Whisk the egg yolks, sugar and vanilla paste together in a deep solid steam tray.
2. Add cream and milk to the mixture, whisk until combined.
3. Cover tightly with plastic wrap or the lid of the container. Steam at 80°C for 45-50 minutes.
4. Remove from the steam oven, uncover and whisk well. Cool on ice if wishing to serve cold.

To serve

1. Spoon the pudding onto serving plates, dust with icing sugar and drizzle with crème anglaise.

Hints and tips

- Individual puddings can also be made in Chinese teacups or ramekins (greased and bases lined with baking paper), adjust cooking time to 30 minutes in total.
- Once cooked, puddings can be served hot or cold.
- Should you have a Miele steam oven, the puddings re-heat beautifully at 100°C for 2 minutes.
- Crème anglaise can also be cooked in a stainless steel bowl, covered with plastic wrap and stirred half way through cooking.