

Peach and raspberry sponge pudding

This delicious sponge pudding can be made with fresh fruits when they are in season or with preserved fruit such as frozen raspberries and canned peaches out of season.

Ingredients

400g can of peaches
350g frozen raspberries
For the sponge topping:
100g butter at room temperature
200g self raising flour, chilled
100g caster sugar
2 medium free-range eggs
4 tbsp whole milk



Skills: Rubbing in method of cake making

Nutrition and healthy eating: The sponge topping is made using the rubbing in method of cake making and has half the fat and sugar of a creaming method sponge. Serving this pudding with extra fruit will also add more 5-a-day fruit

Special diets: The butter in this cake can be replaced with margarine for a dairy free version. The flour can be replaced with gluten free flour for coeliacs. Egg replacement would need to be used for vegan and lacto-vegetarians.

Method

1. Preheat the oven to 180°C/fan160°C/gas 4.
2. Put the peaches and raspberries in an ovenproof dish
3. Make the sponge topping: Sieve the flour into a large mixing bowl. Cut the butter into the flour with a knife.
4. Rub the butter into the flour using fingertips, until it looks like breadcrumbs.
5. Whisk the eggs and milk together in a measuring jug with a fork.
6. Stir the eggs and milk into the flour mixture until you get a soft dropping consistency cake mixture.
7. Spoon the sponge mixture over the top of the fruit in small blobs, spread it out lightly.
8. Bake for about 40 minutes until puffed up, crisp and golden brown.

Safety rules:

Photo