



## Eve's Pudding

Spiced apple topped with a sponge layer. Delicious served with hot custard

**Serves** : 6  
**Preparation Time** : 10 minutes  
**Cooking Time** : 50 minutes

### Ingredients

1 lb / 450 g cooking apples, peeled, cored and sliced  
2 oz / 50 g demerara sugar plus extra for decoration  
3 oz / 75 g wholemeal plain flour  
4 oz / 110g soft butter plus extra for greasing dish  
4 oz / 110g caster sugar  
2 eggs beaten  
1 oz / 25g self-raising flour  
1 tsp baking powder  
1 - 2 tsp milk

### Herbs & Spices

1/2 tsp Cinnamon Ground  
1/4 tsp freshly grated Nutmeg Whole or 1/4 tsp Nutmeg Ground

### Cooking Instructions

Preheat oven to 180C / 350F / gas mark 4

Grease a 2 pint pie dish with a bit of butter. Mix the sliced apples with the spices and the demerara sugar and put in the pie dish.

In another bowl combine the wholemeal flour, butter, caster sugar, eggs and 1 tsp milk. Mix well. Sift in the self-raising flour and the baking powder and beat well. Add another teaspoon of milk if necessary, the mixture should be workable but not particularly runny.

Spoon the mixture over the apples and spread evenly. Sprinkle the top with some extra demerara sugar and bake in the centre of the oven for 50 - 60 mins. When cooked the topping should be golden brown and firm to touch.