

# EVE'S PUDDING

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A traditional British “Pudding” (dessert) going back to around 1824

The name comes from Eve – because this is an Apple Pudding. Sometimes called Mother of Eve Pudding. Growing up in Scotland we called it “Apple Sponge.”

This recipe is my adaptation from The Glasgow School of Cookery book republished in 1965

## Ingredients:

### Apples:

2 lbs tart apples peeled, cored and sliced (Granny Smiths or combination of Jonagolds, Granny Smiths and Pippin)

6 oz sugar

Water to cover bottom of pan

### Sponge:

6 oz sugar

12 oz all purpose flour (good quality, low protein) – keep it light and fluffy with lots of air in it

8 oz unsalted butter (European style is best)

4 large eggs

## Method:

- Place apples in saucepan with water just to cover the bottom of the pan and come up about an inch.
- Heat on low until they begin to bubble – keep heat low so they keep their shape. Once tender, turn off heat and add the sugar. Stir. Set aside.
- Note: I like to make extra apples to serve on top of the pudding.
- Butter a 4 qt pyrex bowl
- Beat butter and sugar with mixer until very fluffy and light in color
- Add eggs (slightly beaten) one at a time, with a little of the flour each time
- Add flour and beat well
- Add some of the apple water from the pot to make it just about pouring consistency but not quite.
- Place cooked apples in bottom of pyrex bowl. Keep some aside to serve later.
- Pour the batter on top of the apples.
- Bake at 375°F until golden and the top bounces back when pressed (or use a toothpick).

Serve warm with a drizzle of heavy cream and top with extra apples.

