

# POTJIE MALVA PUDDING

**Suitable for a quick and easy traditional favourite.**

We've taken a traditional recipe and put our own braai spin on it. Our version is an easy, one-pot dessert using (wait for it) beer!



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Prep time: 15 minutes  
Cook time: 35 minutes  
Serves 2 people

## INGREDIENTS:

### FOR THE MALVA PUDDING

80 ml cake wheat flour	1 teaspoon oil
7,5 ml butter (or 1,5 teaspoon)	45 ml beer of your choice
½ teaspoon butter or non-stick spray for greasing your pot	Pinch of salt
60 ml sugar	<b>FOR THE SAUCE</b>
1 heaped teaspoon apricot jam	125 ml of fresh cream
1 teaspoon baking powder	60 ml butter
1 teaspoon baking soda	125 ml sugar
	60 ml boiling water

## INSTRUCTIONS:

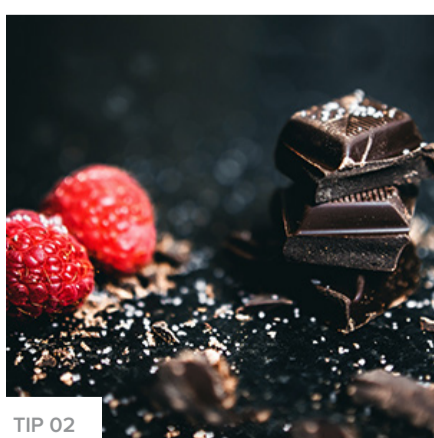
1. Light your fire. It will take a while for the coals to be ready, so get it going before you start mixing your ingredients together. If you're using a gas braai, preheat your braai to 180° C. Keep the lid of your braai closed to not lose the heat.
2. Grease your **Quarter Potjie** with butter or non-stick spray. If you're using your pot for the first time, remember to burn it in before use.
3. In a foil roasting tray, or small pan, start melting apricot jam on your braai.
4. If your butter came straight from the fridge, measure out how much you need and soften it slightly on your braai. Cream butter and sugar together in your pot with a spoon.
5. Add the rest of your ingredients, with your melted apricot jam, and mix thoroughly.
6. If you're using a charcoal braai, make sure to spread out the coals before positioning your pot. An open fire is extremely hot, much hotter than an oven with regulated heat. We recommend putting your pot on the grid of your braai rather than directly in the coals – you can put one small piece of coal on top of the potjie's lid.
7. Close the lid of your braai and keep it closed for at least 20 minutes before you peek.
8. If you're using a gas braai, we suggest putting your pot in the middle of your firebox. Make sure the burner directly under your pot is on the lowest setting, with your outside burners on medium-high heat.
9. Bake for 35-40 minutes. Because the pot is quite deep, it takes some time to bake.
10. About 10 minutes before your pudding is ready, start making your sauce.
11. Add sugar and butter to a pan and melt.
12. Once melted, add water and cream and simmer for 5 minutes.
13. Test if your pudding is cooked with a toothpick. If the toothpick comes out clean, it is ready.
14. Remove from the heat and drizzle with your sauce. The more sauce you add, the sweeter it will be. We suggest adding 3-4 tablespoons of sauce.
15. Serve immediately with ice cream or fresh cream.

## MEGAMASTER RECIPE TIPS



TIP 01

Spoon your sauce into a small jug for guests to add more to their portion if they want to.



TIP 02

Have more guests coming over? Have each person/ couple make their own malva pudding. Make it a competition and let them be creative with extra toppings.



TIP 03

Add crunch to your Malva with chopped, or candied, nuts.