

Lemon delicious pudding

Serves 8 at home or 16 tasters in the classroom
Fresh from the garden: lemons, eggs
 This pudding is truly delicious. In my house it's a family favourite.

Equipment

scales	electric mixer
kitchen paper	spatula
ovenproof pudding mould (2½-cup capacity)	electric hand beater
bowls – 2 small, 2 large	large metal spoon
lemon juicer	ladle
grater	baking dish with high sides
metric measuring spoons	electric jug
and cups	heatproof board or mat
	small serving bowl

Ingredients

60 g butter	3 tablespoons self-raising (self-rising) flour
2 lemons	1½ cups milk
5 eggs	cream for serving
1½ cups castor (superfine) sugar	icing (confectioners) sugar for dusting

What to do

★ Preheat the oven to 200°C. Use the scales to weigh the butter.
 Use some kitchen paper and a small slice of the butter to grease the
 pudding mould. Set the rest of the butter aside in a small bowl to
 come to room temperature. Juice the lemons. Grate the zest from
 each lemon.

electric

★ Cream the butter and sugar in the electric mixer until the mixture
 turns pale. Beat the egg yolks into the butter and sugar one at a time.
 Using a spatula, scrape down the sides of the mixing bowl to ensure
 the whole lot is properly mixed.

★ Add the flour and milk alternately, a little at a time, to the butter,
 sugar and egg mixture, mixing lightly after each addition until just
 combined. (Too much mixing will certainly curdle the mixture at
 this point, which doesn't seem to matter but it can look alarming.)
 Scrape down the sides of the bowl again.

★ If you have an electric hand beater, use it to whisk the eggwhites
 until they form soft peaks. If not, transfer the pudding mixture from
 the electric mixer bowl into another large bowl. Wash and dry the
 electric mixer bowl and the beaters. Place the eggwhites into the
 mixer bowl and beat until soft peaks form.

★ Mix the lemon juice and zest into the pudding batter. Using
 the large metal spoon, fold in the eggwhites as delicately as possible.
 Using the ladle, transfer the mixture to the buttered pudding mould.
 Carefully place the pudding mould into the baking dish.

★ Have the electric jug full of boiling water. Transfer the baking
 dish to the oven and settle it on the rack. Pour enough boiling water
 into the baking dish to come halfway up the pudding mould. This
 is called cooking au bain-marie. Gently close the oven door and bake
 for 35–40 minutes until the pudding top is golden and feels springy
 in the centre when touched.

★ Remove from the oven. Allow to cool a little. Place the board
 or mat on the table and serve the pudding in its cooking dish with
 a bowl of cream alongside. Sprinkle the top of the pudding
 with a little icing sugar.

BOTTOM DRAWER