

BAKED APPLE PUDDING

pudding

Make a fire in advance and make sure you have enough hot coals to sustain baking a pudding for 20 minutes. Grease a 20 cm heavy-based cast-iron pot with a lid - both fireproof.

In a mixing bowl, cream together butter and sugar until fluffy, and beat in the eggs one at a time. Whisk in milk and fold in the dry ingredients. Pour the batter into the pot and place the apple wedges on top. Put the lid on. Place the pot on a bed of hot coals and place a spadeful of coals on top of the lid. Bake for 20 minutes or until golden brown.

60 g butter
140 g sugar
2 eggs
70 ml milk
130 g flour
10 g baking powder
pinch of salt
6-8 apples, peeled, cored and cut into wedges

Caramel sauce

To make the caramel sauce, place the ingredients in a heavy-based saucepot over hot coals and bring the liquid to a boil while stirring.

When the pudding comes off the fire, pour the caramel sauce over the baked pudding while still hot. Serve with whipped cream or vanilla ice cream.

200 g brown sugar
1 tin (380 g) evaporated milk
100 g butter

Serves 6-8

