

Tamarillo & orange marmalade puddings

Preparation Time

15 - 20 minutes

Cooking Time

18 minutes

Ingredients (serves 6)

- Melted butter, to grease
- 2 tamarillos
- 170g (1/2 cup) sweet orange marmalade
- 2 large eggs, at room temperature
- 60g (1/4 cup) caster sugar
- 20g (1 tbs) butter, melted
- 100g (2/3 cup) self-raising flour
- 80ml (1/3 cup) fresh orange juice
- 6 scoops (about 30g each) low-fat ice-cream, to serve

Method

1. Preheat oven to 180°C. Brush six 160ml (2/3-cup) ovenproof pudding dishes with melted butter to grease and place on a baking tray.
2. Cut a shallow cross in base of the tamarillos. Place in a heatproof bowl of boiling water and set aside for 1 minute. Drain and peel away the skin. Trim the ends and cut each tamarillo crossways into 3 slices.
3. Place 1 tsp of the marmalade in each greased dish and top with 1 slice of tamarillo. Set aside.
4. Use clean electric beaters to whisk the eggs and sugar in a medium bowl until pale and thick. Add 2 1/2 tbs of the remaining marmalade with the melted butter and whisk until combined. Sift the flour over the top and pour 2 tbs of the orange juice down the side of the bowl. Use a large metal spoon to gently fold together until just combined.
5. Divide the pudding mixture evenly among the dishes and bake in preheated oven for 15-18 minutes or until cooked and a skewer inserted into the centres comes out clean. Set aside for 5 minutes.
6. Meanwhile, sieve the remaining marmalade into a small saucepan. Stir in the remaining orange juice over medium heat until combined and the mixture comes to the boil. Cook, uncovered, for 2 minutes or until the mixture is syrupy and reduces slightly. Remove from heat.
7. Use a small metal spatula to loosen the sides of the puddings. Turn the puddings carefully onto serving plates, drizzle with the marmalade syrup and serve with the ice-cream.

Notes

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Source

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Recipe by Jan Purser

Nutritional information

This information is per serve.

Protein	Dietary Fibre
6.00g	2.00g
Fat Total	Energy
7.00g	995kJ
Fat Saturated	Sodium
-	-
Carbohydrate Total	Cholesterol
40.00g	-
Carbohydrate Sugars	
-	