

Miele

Ginger steamed pudding with cream anglaise

By Miele

10 minutes

55 minutes

12

Serves



INGREDIENTS

180g butter, plus extra for cooking
4 tablespoons stem ginger, chopped
4 tablespoons golden syrup
2 tablespoons stem ginger syrup
2 tablespoons caster sugar
150g plain flour
2 teaspoons ground ginger
1 teaspoon baking powder
150g brown sugar
3 eggs
60ml milk

Crème anglaise

3 egg yolks
1 teaspoon vanilla bean paste
40g caster sugar
150ml cream
150ml full cream milk

METHOD

Ginger steamed pudding

1. Grease and line the bottom of a 12 cup muffin tray. Place a small amount of stem ginger at the bottom.
2. Place the golden syrup, stem ginger syrup, caster sugar and 30g butter into a small saucepan with 2 tablespoons of water.
3. Bring to the boil on high heat, Induction setting 8. Once boiling, remove from the heat.
4. Spoon a tablespoon of the syrup mix in each basin and reserve the rest.
5. Sift the flour, ginger and baking powder into a bowl.
6. In a separate bowl, beat the remaining 150g butter and brown sugar until light and fluffy.
7. Add the eggs, one at a time, beating well after each addition and adding a tablespoon of the flour mixture with each egg.
8. Fold the remaining stem ginger through the mix, then add in the milk and remaining flour; mix until just combined.
9. Spoon the mixture into the prepared muffin tray and smooth the tops with a spatula.
10. Cover with foil and Steam at 100°C for 25 minutes.
11. Once cooked, re-heat the remaining syrup mix gently.

Crème anglaise

1. Place cream and milk in a solid steam tray and cover with lid. Steam at 100°C for 2 minutes.
2. In a medium bowl, whisk together the egg yolks, sugar and vanilla paste until the sugar has dissolved and the mixture is light and creamy.
3. Add cream and milk to the mixture and gently whisk until combined.
4. Return the mixture back to the solid steam tray and cover with a lid.
5. Steam at 85°C for 10 minutes. Whisk and steam again at 85°C for 15 minutes.
6. Remove from oven, whisk again, cover and stand for 5 minutes before using. Stir to break any bubbles on the surface.

To serve

1. Turn out the puddings and top with the warmed syrup and serve with crème anglaise.

HINTS AND TIPS

- Stem ginger can be purchased from speciality Asian grocery stores.
- Crème anglaise will keep refrigerated in an airtight container for up to one week.