

Lemon Delicious Pudding

Ingredients: 1 scant cup (6 oz) castor sugar
¼ cup (1 oz) plain flour
finely grated rind of 1 large lemon
¼ cup lemon juice
2 oz butter, melted
3 eggs, separated
1 ½ cups milk

(for a 'healthy' version, use Stevia or Xyletol to sweeten; or use brown sugar; spelt or rice flour or arrowroot; soy milk and olive oil for a dairy-free version)

Method: Preheat oven to 180°C
Put ½ of the measured sugar, the flour, lemon rind and juice, melted butter and egg yolks into a mixing bowl. Beat until mixed. Heat milk just enough to remove chill (I add the milk to the melted butter to remove the chill) and mix it all together.
Whisk egg whites until stiff, fold in remaining ½ cup sugar and beat until peaks form.
Fold into lemon mixture and pour into ungreased oven proof dish. Stand in another dish or tray of water and bake for about 40 mins or until set and golden on top.

For an extra zing, add the pulp of 6 fresh passion fruits when folding egg white mixture into lemon mix.

Enjoy !

This remains a family favourite and originates from my first ever cookbook, given to me by "Aunt" Marianne, a dear family friend, many many years ago ...

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