

Less than 15 minutes

Makes 4

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Ingredients:

- 1 egg
- ½ cup (125ml) milk
- 1 tsp (5ml) vanilla essence
- 2 Tbsp (30ml) golden syrup
- ¼ cup (53g) brown sugar
- ⅓ cup (80g) melted butter and extra for greasing
- 1 cup (125g) flour, sifted
- 1 tsp (5ml) baking powder
- Pinch salt

Sauce:

- 1½ cups (375ml) hot water
- 1 Tbsp (15ml) cornflour
- 2 Tbsp (30ml) golden syrup
- ½ cup (105g) brown sugar
- Pinch salt
- Cream or ice cream, for serving (optional)

Method:

1. Mix egg, milk, vanilla essence, syrup, sugar and butter together. Set aside.
2. Combine flour, baking powder and salt in a separate bowl.
3. Stir in egg mixture until combined.
4. Grease 4 microwave-safe cups or ramekins. Divide mixture evenly between cups (but do not fill more than halfway).
5. Combine sauce ingredients.
6. Divide sauce evenly between cups by pouring over the back of a spoon.
7. Place cups in the microwave (we used a 1200-watt oven).

8. Cook on 50% power for about 2 minutes or until the top of puddings are firm to the touch.
9. Remove from microwave, carefully loosen edges with a knife and turn out onto a serving plate or serve in cups as is.
10. Serve with cream or ice cream.