

Stewed fruit with sponge top

Ingredients

- 1 1/5 Kg Stewed fruit
- 1/2 to 1 cup of water
- 4 eggs
- 2/3 cup (150g) caster sugar
- 3/4 cup cornflour
- 1 1/2 teaspoons baking powder
- *honey/sugar **extra**



Method

1. Preheat oven to 180C.
2. Put stewed fruit and enough water to make fruit “wet” in a saucepan bring to a gentle simmer, if the fruit needs sweetening add *honey/sugar to taste.
3. Measure cornflour and baking powder into sifter, set aside
4. In mixer beat the eggs and sugar on high speed with a balloon whisk for 5 to 10 minutes until light, fluffy, and pale in color and the sugar has dissolved. Remove bowl from mixer
5. Sift flour mix onto egg mix
6. Gently fold flour into egg mixture, mixing gently until evenly distributed.**(DO NOT OVER MIX)**
7. Pour hot fruit into oven safe dish (or ramekins); pour sponge mixture over hot fruit.
8. Place dish in the oven and cook for 30 mins (10-15mins for ramekins) until golden brown.
9. Serve with cream/ ice-cream.

NB: You can use any type of stewed fruit you like, just keep it fairly liquid so the sponge can soak up the juices