

Sticky Chocolate Sponge Pudding

Adapted some from a Jamie Oliver recipe

Internet Address:



Servings: 8

The original recipe called for 7 ounces of self-raising (rising) flour. If using, reduce baking powder to 1 rounded teaspoon and eliminate the salt altogether. Original recipe also said bake the sponge for 18-20 minutes, but I had to add another 12 minutes or so, based on using a 9-inch round cake pan. If you don't have that size pan, use a slightly larger ceramic dish (greased). Don't use a 9x13 as that would be way too big. But reduce the baking time, then and check every few minutes from 18 minutes on to see if the cake is set in the middle.

CAKE:

- 7 ounces sugar
- 7 ounces butter
- 7 ounces flour, sifted
- 2 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3 large eggs
- 3 tablespoons cocoa powder, rounded
- 8 tablespoons warm water
- 1/3 cup sliced almonds
- 4 ounces unsweetened chocolate, chopped

CHOCOLATE SAUCE:

- 4 ounces semisweet chocolate
- 4 ounces butter
- 4 tablespoons milk

1. Preheat oven to 350°F (180°C). Beat the sugar and butter until pale and fluffy, about 5 minutes. Sieve the flour and baking powder into the butter mixture. Add the eggs and mix it all together. Then mix the cocoa powder with 8 tablespoons of warm water, until smooth.
2. Fold the chocolate paste, almonds, and chocolate pieces into the cake mixture. Pour the mixture into a greased 9-inch round cake tin, spreading it out evenly. Bake for about 25-32 minutes or until a toothpick inserted in the middle comes out barely clean. Do not over bake. If using a larger sized pan, reduce baking time appropriately.
3. Meanwhile, melt the chocolate sauce ingredients in a bowl over some lightly simmering water. Stir until blended well. When the pudding is cooked, remove from the oven and pour the chocolate sauce on top while still cake is hot. Cool for an hour. Serve warm or cold with cream, sweetened whipped cream or vanilla ice cream.

Per Serving (excluding unknown items): 681 Calories; 49g Fat (61.7% calories from fat); 9g Protein; 60g Carbohydrate; 4g Dietary Fiber; 166mg Cholesterol; 643mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 9 1/2 Fat; 2 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>