

Lemon Delicious – light sponge pudding

Yield: 4-6 servings

Prep time: 30 minutes

Total time: 60 minutes

Ingredients

60g butter;

180g sugar;

2 eggs, separated;

60 ml SR flour;

320 ml milk;

Grated rind and juice of 2-4 lemons.

Directions

1. Beat egg whites until stiff.
2. In a separate bowl, cream butter and sugar, add egg yolks and beat well. Add sifted flour, lemon rind and juice. Add milk slowly to creamed mixture, stirring well.
3. Fold beaten egg whites into mixture and put into a well-greased oven proof casserole or pie dish.
4. Stand dish in a larger dish with water.
5. Bake in a moderate oven (180C) for about 30 minutes

Special Directions or Diet Information

Great with plain icecream (see Frankie's icecream recipe) and or thickened cream. Used many times at community dinners etc with great acclaim!

Contributed by: Charles Drew (adapted from Margaret Fulton Cookbook (1968), Paul Hamlyn, Reprinted 1974).