



Lemon Myrtle Delicious Self-Saucing Pudding

Serves 4

TASTE OF NAIDOC FACT

NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Our self-saucing pudding recipe has been proudly developed to acknowledge and commemorate this year's event.

The self-saucing pudding is a perfect treat to serve family and friends over the cooler months. It is flavoured with Lemon Myrtle made famous by celebrity chef Jamie Oliver, who described it as 'pukka' during one of his cooking shows, Lemon Myrtle then promptly sold out across shops in the United Kingdom.

The herb has been used by Indigenous Australians for thousands of years as a medicine and for flavouring food. It has a very strong, distinctive citrus aroma and flavour, so a little goes a long way when cooking with it.

INGREDIENTS

- 75gm Unsalted Butter - cut into 2cm dice and warm to room temperature.
- 135gm Caster Sugar
- ½ Lemon - wash, dry with absorbent paper and finely zest.
- ½ tbsp Lemon Myrtle Powder
- 3 Medium Sized Eggs - crack and separate the yolks and whites.
- 50ml Lemon Juice
- 45gm Plain Flour
- 185ml Full Cream Milk
- As required Icing Sugar (optional)

METHOD

1. Preheat an oven to a moderate temperature -160°C.
2. In the bowl of a food mixer, add the butter, sugar, lemon zest and lemon myrtle powder. Using a balloon whisk, beat until the mixture is pale and creamy.
3. Add the egg yolks one at a time ensuring each egg yolk is fully incorporated before adding the next one.
4. Add the lemon juice, and mix to combine.
5. Add the plain flour and milk, then gently mix to combine.
6. Place the pudding mixture into a suitably sized clean mixing bowl, and set to one side.
7. Clean and dry the bowl and balloon whisk of the food mixer. Add the egg whites and using the balloon whisk, beat until they form firm peaks.



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8. Gently fold the whisked egg whites through the pudding mixture.
9. Pour the pudding mixture into a baking dish to a depth of 4cm. Place it into the oven and bake for 25 minutes or until the top of the pudding is just firm to the touch and golden in colour, then carefully remove it from the oven.

TO SERVE

Serve the pudding lightly dusted with icing sugar (optional) and either vanilla bean ice cream or pouring cream.
