

Lesley Waters

COOKERY
SCHOOL



Lime and Ginger Honey Puddings

SERVES 4

for the puddings

butter for greasing
2 tablespoons runny honey
3 pieces stem ginger, finely chopped
1 tablespoon stem ginger syrup
juice and zest 2 limes
85g / 3 oz butter, softened
85g / 3 oz caster sugar
2 eggs, beaten
85 g / 3 oz self-raising flour

for the custard

300mls (1/2 pint) milk
1/2 pint double cream
4 egg yolks
55g (2oz) sugar
sprig of rosemary

1. Preheat oven to 200 C/ 400 F/ gas mark 6. Grease 4, size 7 ramekins with a little butter.
2. Place the runny honey, stem ginger and syrup into a bowl and pour in the juice of 1 1/2 limes. Mix well then divide equally between the four ramekins.
3. Put the butter, sugar and eggs into a blender and whiz until light and fluffy. Add the flour to the blender with the lime zest and remaining lime juice and whiz quickly to mix everything together.
4. Divide the mixture equally between the ramekins then stand the ramekins in a roasting tin. Pour in enough boiling water to come half way up the ramekins then cover the whole roasting tin with foil and seal tightly round the edges.
5. Steam bake in the oven for approximately 40 minutes till soft and springy on top or until a skewer inserted in the middle comes out clean. Run a knife around the edge and serve with rosemary custard, vanilla ice cream or thick double cream.

TO MAKE THE CUSTARD

1. Heat the milk and cream in a pan with the rosemary and very gently bring to the boil.
2. In a bowl, beat the yolks and sugar together. Remove the milk and cream from the heat and gradually pour onto the yolks and sugar, stirring continuously. Strain the mixture back into a clean pan.
3. Return the pan to a very low heat and stir continuously until the mixture thickens enough to coat the back of a spoon, but do not allow to boil.

