

RHUBARB, STRAWBERRY & PECAN PUDDING CAKES

A recipe by **FoodNouveau**

INGREDIENTS

Makes 6 individual cakes

¼ cup [60 ml]	water
1½ tsp [7.25 ml]	cornstarch
1/3 cup [80 ml]	maple sugar (or regular sugar)
2 cups [500 ml]	chopped fresh rhubarb stalks
1 cup [250 ml]	chopped fresh strawberries
1 cup [250 ml]	all-purpose flour
1¾ tsp [8.75 ml]	baking powder
½ tsp [2.5 ml]	salt
½ cup [125 ml]	sugar
1	large egg
½ cup [125 ml]	whole milk
1 stick (½ cup [125 ml])	unsalted butter, melted and cooled slightly
1 tsp [5 ml]	pure vanilla extract
1/3 cup [80 ml]	chopped pecan nuts
	maple sugar, to sprinkle (optional)



METHOD

Put oven rack in middle position and preheat oven to 400°F [200°C]. Butter 6 1-cup [250 ml] capacity ramekins and set on a baking sheet.

Stir together water, cornstarch, and maple sugar in a small saucepan, then stir in rhubarb. Bring to a simmer, stirring constantly, then simmer, stirring occasionally, 3 minutes. Remove from heat and stir in the strawberries.

Whisk together flour, baking powder, salt, and sugar in a bowl.

Whisk together egg, milk, butter, and vanilla in a large bowl, then whisk in flour mixture until just combined. (Batter will be thick).

Reserve ½ cup [125 ml] fruit mixture, then divide remaining mixture between the ramekins. Divide the batter between the ramekins, then drizzle a spoonful of the remaining fruit mixture over each portion. Sprinkle with maple sugar, if desired, then bake until a wooden pick inserted in the center of each cake portion come out clean, 20 to 25 minutes. Cool on a rack 5 minutes before serving.

Note: This recipe makes plenty of fruit mixture and batter, so if you're making 6 portions, chances are your ramekins will overflow a little, just like mine did. I like it that way, but you could very well make a 7th portion instead. You can also bake the pudding in a single 8-inch [23-cm] square baking pan, increasing the cooking time to 25 to 30 minutes.

Recipe Credit: Adapted from Ian Knauer, *Gourmet Magazine*, and *Eggs on Sunday*

Photo Credit: Marie Asselin

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