

POUDING CHÔMEUR À L'ÉRABLE

Poor Man's Maple Pudding
A recipe by **FoodNouveau**

This dessert is quick and easy to make but spectacular in flavor. The sauce is ready in seconds and the simple cake preparation is mixed together in less than 10 minutes. In other words, in 15 minutes from now, your very own Pouding chômeur could be in the oven, releasing its intoxicating aroma throughout the house. For the sauce, you have two options. Either you go for the maple version (unashamedly rich) or the traditional version (unashamedly sweet). I think both are equally good!

The pudding must be served warm, and many of us think it tastes even better the day after. If you can, make it the night before you plan on serving it, then let it cool at room temperature, cover the baking dish with aluminum paper and refrigerate overnight. To warm the pudding for service, put the aluminum-covered baking dish in a slow oven (250°F [125°C]), for about 30 minutes. You can also simply reheat individual portions in the microwave (medium power level) for 30 seconds.

When I was growing up, we would have the pudding with vanilla ice cream, but I know some people prefer pouring heavy cream over each portion. Now I think the pudding is delicious and sweet enough on its own, so I simply serve it with raspberries or macerated strawberries (quartered strawberries sprinkled with a tiny bit of maple sugar—of course—and left to sit for 15 minutes or up to an hour).

INGREDIENTS

Serves 8-10

For the sauce – maple version:

2 cups [500 ml] pure maple syrup
2 cups [500 ml] heavy cream (35% fat)

For the sauce – traditional version:

2 cups [500 ml] brown sugar, packed
2 cups [500 ml] water
1 tbsp [15 ml] flour

For the cake:

1½ cups [375 ml] unbleached all-purpose flour
2 tsp [10 ml] baking powder
¼ tsp [1.25 ml] salt
½ cup [125 ml] unsalted butter, softened
1 cup [250 ml] sugar
2 eggs
¾ cup [180 ml] milk
1 tsp [5 ml] pure vanilla extract



METHOD

Preheat the oven to 400°F [200°C]. Lightly grease a 9" x 13" [23 cm x 33 cm] baking dish.

For the sauce: In a saucepan, whisk the maple syrup and heavy cream (or the brown sugar, water and flour) together. Bring to a boil, whisking occasionally. Turn off the heat and pour the sauce into the baking dish.

For the cake: In a small bowl, mix the flour, baking powder and salt together. Reserve.

Recipe Credit: Translated and adapted from RicardoCuisine.com.

Photo Credit: Marie Asselin

© 2012 Food Nouveau | <http://foodnouveau.com>

Measure the milk in a cup and mix in the vanilla extract. Reserve.

In a large bowl, cream the butter and sugar with an electric mixer. Add the eggs, one at a time, and mix until incorporated. On low speed, add the dry ingredients and the milk alternatively and mix until the flour is fully incorporated. Spoon the cake batter over the hot sauce.

Bake the pudding for 40 minutes. To serve, spoon the warm cake upside down on individual serving plates and enjoy with ice cream, heavy cream or fresh berries.

Before baking:



After baking:

