



# CHOCOLATE VINEGAR PUDDING

*One thing about South African cuisine is the constant balance between sweet, sour and salty – even when it comes to desserts. Vinegar plays a big part in balancing out sweet flavours and makes desserts even more delectable. Vinegar pudding or ‘asynpoeding’ as it’s called in Afrikaans does just this. The vinegar helps the pudding rise to be light and delicate, but balances out its intense sweetness with a little tang – but certainly doesn’t linger with a vinegar overtone. I’ve added chocolate to make this rich dessert much like a self-saucing pudding.*

## SERVES: 6

50g unsalted butter, melted  
2 eggs  
200ml full-cream milk  
 $\frac{2}{3}$  cup castor sugar  
1 cup plain flour  
1 tsp bicarbonate of soda  
1 tbsp white vinegar  
2 tsp vanilla paste  
 $\frac{1}{4}$  cup cocoa  
cream to drizzle

## SOAKING SYRUP

$\frac{1}{3}$  cup castor sugar  
1 tbsp cocoa  
 $\frac{1}{2}$  cup water  
2 tbsp white vinegar

Preheat oven to 180°C.

For the pudding, combine the butter, eggs, milk and vanilla in a bowl and whisk to combine. Combine the remaining dry ingredients in a bowl and gently whisk in the milk mixture. Once combined add a pinch of salt and the vinegar.

Divide the mixture between 6 × 200ml capacity ramekins or dishes (or a 1.5L baking dish). Place the dishes in a roasting tray and pour in hot water from a kettle so it comes halfway up the sides.

Place in the oven and bake for 25 minutes or until just cooked through, but still moist in the centre. You can test with a wooden skewer.

For the syrup, combine all ingredients in a saucepan and cook for 2 minutes until well combined. Poke the warm pudding with a skewer then pour over the hot soaking syrup immediately.

Serve warm, drizzled with cream or a scoop of ice cream.