



Rhubarb & Orange Sponge Pudding

By Emma Theobald (Abbeyfield Marketing Team)



 6-8 servings

 Prep: 30 minutes
Cook: 1 hour

INGREDIENTS

For the sponge:

1 ½ lbs of rhubarb
1 packet of trifle sponges
or fingers
Juice and rind of two
oranges
Sugar to taste

For the topping:

3 egg whites
6oz caster sugar
½ teaspoon cornflour
(cornflour helps the
meringue stay crisp)

METHOD

1. Fill the bottom of an ovenproof dish with half the rhubarb, cut into small pieces, sprinkle with sugar.
2. Place sponge fingers onto the rhubarb.
3. Cover this with the remaining rhubarb and sprinkle with more sugar.
4. Grate rind from oranges, squeeze the juice, and add together and spoon over the rhubarb and sponge mixture.
5. Cover with foil and cook for 45 minutes at 180 degrees or until the rhubarb is soft.
6. Take from the oven, keep covered while the topping is made.
7. Whisk the egg whites until stiff and add 2 oz of the caster sugar
8. Mix the rest of the sugar with the cornflour and then fold it into the egg whites
9. Cover all of the fruit mixture with the meringues and cook in a cool oven (160 c) for approximately 20 minutes.
10. This pudding is delicious served hot or cold with cream.