

EVE'S BLACKBERRY & APPLE PUDDING



Blackberries are just coming into season at the end of July so try this delicious version of a classic Eve's Pudding.



Recipe & image supplied by the British Egg Information Service
www.eggrecipes.co.uk

Skills Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; beat an egg; use the all-in-one cake mixing method; scrape out a bowl with a spatula; use measuring spoons and cups; use balance/digital scales; chop using bridge/claw safely; use a vegetable peeler safely.

Equipment: 1.4 ltr ovenproof dish, vegetable peeler, knife, chopping board, large mixing bowl, electric hand whisk, metal spoon, oven gloves.

Ingredients (serves 10):

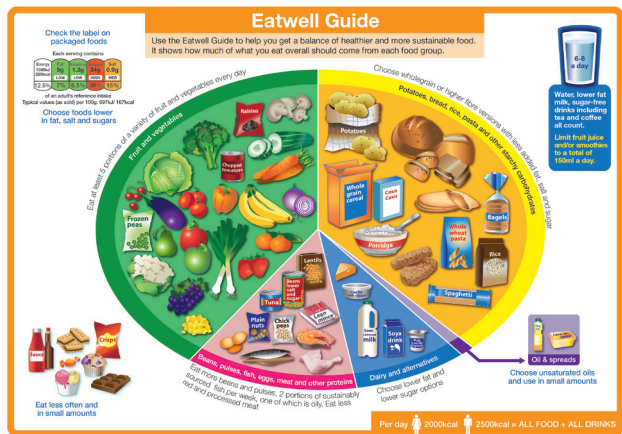
- 450g cooking apples
- 225g blackberries
- 100g caster sugar

For the topping:

- 100g butter
- 100g light soft brown sugar
- 2 large British Lion eggs, beaten
- 175g self raising flour
- 1 tsp ground cinnamon
- 2 tbsp semi skimmed milk
- 25g toasted flaked almonds

Method

1. Grease a 1.4 ltr ovenproof dish. Peel, core and thickly slice the apples. Place in the prepared dish and stir in the blackberries and sugar.
2. Place all the topping ingredients, except the almonds, together in a large bowl, use an electric hand whisk to beat them together for 1 minute or until fluffy.
3. Spoon over the fruit and level the surface. Scatter over the almonds and bake at 180oC or Gas Mark 4 for 45-50 minutes or until the top springs back when lightly touched in the centre.
4. Serve hot.



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Eve's Pudding ...

Fruit is generally low in fat and calories and high in fibre.

Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.

Cakes tend to be high in fat and sugar, although some types are worse than others. The Eatwell guide says that if you are consuming foods and drinks high in fat, salt and sugar we should have these less often and in small amounts.



Energy, sugar, fat and salt per serving

Per 110g serving

ENERGY
1134kJ / 270kcal

MED

FAT
11.1g

HIGH

SATURATES
5.7g

MED

SUGARS
23.8g

MED

SALT
0.4g

% of an adult's reference intake

Typical values per 100g : Energy 1031kJ / 246kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.