

ATLAS SWIFT & EARTH TO PLATE |
MALVA PUDDING



ATLAS SWIFT
PREMIUM WINES

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This rich malva pudding pairs beautifully with the Atlas Swift Franschhoek Chardonnay 2023, which offers a bouquet of aromatic components.

The wine's vibrant notes of citrus and subtle oak harmonize with the buttery, toffee-like flavors of the pudding, while its refreshing acidity cuts through the sweetness, enhancing the overall experience.

Together, they create a delightful balance that celebrates both the comfort of traditional South African cuisine and the elegance of fine wine.

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CHEF NOTES

Malva pudding is another beloved South African comfort food, and there's no better dessert to celebrate the upcoming Heritage Day! It's rich, decadent, and full of buttery, sweet, toffee-like flavors, spiced with warming cinnamon and caramelized, tangy naartjie.

Traditionally made with eggs, butter, and cream, I've adapted it to a plant-based version that still delivers all the comfort. Ground flaxseed replaces eggs, mimicking their viscosity and aiding in binding. Apple puree not only helps with binding but also creates a tender texture by retaining moisture in the malva pudding.

To make a quick apple puree; Peel, core, chop 4-5 apples and simmer with ½ cup of water for about 15 min, until soft. Blend until smooth. Optionally, stir in cinnamon and a squeeze of lemon. Store in the fridge. Leftover puree is delicious stirred into porridge or served with yogurt and granola.

To make flaxseed powder; Grind flax seeds or linseeds in a blender until a fine powder forms. Pause the motor occasionally and shake the jug to ensure even blending and prevent seeds from sticking to the blades. Store the powder in a container in the fridge. Left over flaxseed powder is also nutritious when sprinkled over breakfast bowls and added to your smoothies!

INGREDIENTS

- > ½ cup sugar of choice
- > ½ cup apple puree (see notes)
- > 2 tbsp flaxseed powder
- > 2 tsp apple cider vinegar
- > 1 cup soy milk (divided - see method)
- > 1 tsp vanilla extract
- > 1 tbsp smooth apricot jam
- > 1 tbsp oil or melted butter of choice
- > 1 + ½ cups (180g) flour
- > 2 tsp baking powder
- > 1 + ½ tsp baking soda
- > 1 tsp cinnamon powder
- > 1/4 tsp salt

SOAKING SAUCE:

- > 1 cup coconut cream
- > ¼ cup (54g) butter of choice
- > ¼ cup (50g) coconut sugar
- > 1 tbsp apricot jam
- > 1 tbsp raw honey
- > 1 tsp vanilla extract
- > 1/3 cup naartjie juice
- > 1 tbsp sherry (optional)
- > pinch of salt

ROASTED NAARTJIE:

- > Narchies
- > Honey
- > Cinnamon

METHOD

ROASTED NAARTJIES: Heat a pan over medium heat. Slice naartjies in half. Run a knife around the edges to loosen the segments, leaving the base intact. Place naartjies, cut side down, onto the hot pan and cook until caramelized. Transfer to a baking tray and bake for +- 15 min, until oozy. Remove from the oven, drizzle with honey, and grate cinnamon over the top. Set aside to cool slightly.

MALVA PUDDING: Preheat the oven 180°C and lightly grease a baking tray. In a small bowl, mix flaxseed powder with 6 tbsp of the soy milk. Set aside to thicken. Mix the remaining soy milk with the vinegar and set aside to curdle. In a separate bowl, whisk flour, baking powder, baking soda, cinnamon, and salt. In a large bowl, whisk the sugar, vanilla, and apple puree until sugar dissolves and the mixture is glossy. Add jam, melted butter or oil, and flaxseed gel. Mix to combine evenly. Sift in half of the dry ingredients and half of the curdled milk. Fold in lightly with a whisk. Then, sift in the remaining flour and curdled milk. Do not overmix. Transfer the batter into baking dish. Bake for 30 min or until a skewer inserted into the center comes out clean.

SOAKING SAUCE: About 10 min before malva is done baking, prepare sauce. Combine all the ingredients in a saucepan. Simmer for +- 3-4 min, whisking to combine. Set aside.

SERVING: When malva pudding is ready, remove it from the oven. Pour the soaking sauce evenly over the surface while the pudding is still hot. Reserve some of the sauce for serving. Allow the pudding to soak up the sauce completely. Serve with extra soaking sauce, ice cream and honey glazed naartjies

NOTE: If your Malva has cooled by the time you're ready to eat, transfer it to the oven for a few minutes to warm and soften. An oozy malva is always the best!



Caramelizing and roasting the naartjie in its skin enhances its citrus notes and adds a slightly smoky undertone. The honey and cinnamon bring an additional layer of warmth and fragrance.



The warm pudding absorbs the sauce, allowing the caramel citrus flavors to infuse into the cake. This adds moisture, stickiness, and an extra layer of deliciousness!



Atlas Swift Franschhoek Chardonnay (2023)

Experience a floral journey with this wine, complemented by hints of magnolia and frangipani, enhancing the ripe peach, apricot, and roasted cashew nut aromas. It's a beautifully layered sensory experience that leaves a memorable first impression.

Revel in flavors of succulent yellow peach and apricot, underscored by a distinct flinty edge and rich texture. A well balanced oak component aids in depth, leading to a somewhat oily finish, and enjoy the lingering notes of ripe stone fruits that make a lasting remark.

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