

Caramel Pear Self Saucing Pudding



Serves	6
Prep time	15 minutes
Cook time	45 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Child Friendly , Serve Warm

Ingredients

- 100g white spelt flour
- 90g wholemeal spelt flour
- 2 1/2 teaspoons baking powder
- 3/4 cups brown sugar
- 2 cups boiling water
- 100g butter (melted)
- 1 egg (lightly beaten)
- 1/2 milk or butter milk
- 1/2 cup golden syrup
- 1 ripe pear (peeled and chopped)

Directions

1. Preheat the oven to 180°C, and lightly grease a 6 cup ovenproof dish.
2. Sift together the flours, baking powder and 1/4 cup sugar, adding the husks back in.
3. In a separate bowl, combine the butter, milk, egg, 1/4 cup golden syrup and pear.
4. Combine the wet and dry ingredients, stirring until well combined.
5. Pour into the prepared dish and sprinkle 1/2 cup sugar over the top.
6. Combine the boiling water and remaining golden syrup, then pour evenly over the pudding mixture.
7. Bake for 40 to 45 minutes. A skewer inserted into the cake should come out clean.
8. Serve warm with cream or vanilla ice cream.



Note

Low chemical/FAILSAFE, moderate salicylates.

If you don't have spelt flour, you can replace it with regular white and wholemeal flour.

The original recipe for this used apple instead of pear. If moderate salicylates are tolerated, replace the pear with 1/2 cup of chopped or grated Red or Golden Delicious apple (peeled).