

Lemon Sponge Pudding

Source: Rita Andrews, a friend in England, from Feb. 1993.

Carolyn T's
Cookbook

Servings: 7



Notes: If you're using Meyer lemons, as I do, you will want to reduce the sugar by a little bit, as Meyers are sweeter than regular lemons.

1. Preheat oven to 350°.
2. Cream butter and sugar with grated lemon rind, until pale and fluffy. Add egg yolks and continue to beat well. Stir in half of the milk, then add the self-rising flour. Pour in remaining milk, then add lemon juice.
3. Whisk egg whites until firm and fold them gently into the egg lemon egg mixture. Pour into a greased (buttered) 2-pint baking dish and put into a larger roasting pan filled with hot tap water.
4. Bake for 35-40 minutes until golden brown and firm to the touch. Serve hot with custard sauce, ice cream or heavy cream.

- 2 ounces butter, or margarine**
- 2 ounces sugar**
- 2 whole lemon, grated rind & juice**
- 2 whole eggs, separated**
- 2 cups milk**
- 2 ounces self-rising flour**

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 185 Calories; 10g Fat (49.1% calories from fat); 5g Protein; 19g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 225mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.