Two Steamed Marmalade Sponge Cups

2 individual sponge puddings · Active 25 min · Total 1 hr 5 min

Skills: Confident beginner

Ingredients

- 3 tablespoons unsalted butter, softened (40 g), plus 1 teaspoon (5 g) for greasing
- 2 tablespoons plus 1 teaspoon sugar (30 g)
- 1 large egg, beaten
- 1/2 cup all-purpose flour (60 g)
- 1/2 teaspoon baking powder (2 g)
- 1 tablespoon plus 1 teaspoon milk (20 ml)
- 1/2 teaspoon finely grated orange zest (1 g)
- 2 1/2 tablespoons orange marmalade (50 g)
- Drinking-quality water for the steaming pan, as needed to reach halfway up the ramekins

Set out

Two 200 ml (about 7 fl oz) heatproof cooking ramekins, At least 3-liter (3.2-quart) saucepan wide enough for both cups, with lid, Stable metal trivet fitting the pot, Mixing bowl and spoon, Foil, Heatproof gloves and safe lifting utensil, Instant-read thermometer and skewer

Allergens

Wheat, Milk, Egg. Check labels and substitutions.

Make it

1. Check that the empty ramekins fit securely on the trivet inside the saucepan and the lid closes. Grease with the 5 g butter and put 25 g marmalade into each cup. Mix flour and baking powder in a small bowl.

2. Beat 40 g soft butter and sugar together until lighter and soft. Beat in egg gradually, adding a spoonful of the measured flour if it begins to curdle. Fold in remaining flour mixture, milk and orange zest.

3. Divide batter evenly over the marmalade, leaving about one-quarter of each cup empty for rising. Cover each with a foil square that has a small central pleat; crimp around the rim securely.

4. Set the trivet and covered cups in the saucepan. Add hot drinking-quality water carefully around them to reach halfway up their sides. Bring to a gentle simmer, cover and steam for 30–35 minutes. Check occasionally and add hot water if the level falls; never boil dry.

5. Carefully lift one foil edge away from your face. The sponge should be risen and set, a skewer should show no wet batter, and its center must reach at least 165°F/74°C. Cover and steam longer if needed. Switch off the heat, rest for 5 minutes, then lift cups safely with heatproof gloves and a suitable utensil. Serve in the cups, warning that the ramekins and marmalade are hot.

Set aside the burner time

Steaming needs attention and a safe clear stove. Make this only while stopped, keep the pan attended and allow the equipment to cool safely before packing or traveling.

A useful detail

The finished sponges are pale and steamed, not browned cakes. Use the set-center and skewer checks as well as temperature; do not serve a wet flour batter simply because it has become hot.

Keep it well

Best eaten warm after cooking. Cool and refrigerate leftover sponge promptly within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days. Reheat covered until the center reaches 165°F/74°C, using equipment approved for the ramekins. Never place a cold heatproof cup directly onto a hot burner.