

## EASY HĀNGĪ BURNT SUGAR STEAMED PUDDING RECIPE

*(The wet pudding mixture to be created is sufficient for 2 large oven bags.)*

*Serves 6 to 10 people per bag*

### Ingredients

#### **Burnt Sugar**

- 1 cup of sugar
- 2 cups of hot boiled water

#### **pudding wet ingredients**

- Burn sugar mixture
- 1 cup of caster/superfine sugar
- 6 large table spoons of butter
- ½ cup of golden or maple syrup
- 3 beaten eggs
- 1.5 table spoons of baking soda

#### **pudding dry ingredients (Sieved together in a bowl)**

- 4 cups of self-raising flour
- 2 tablespoons of baking powder



### Instructions

#### *Creating the Burnt Sugar Liquid*

1. Put the 1 cup of sugar into a saucepan on medium-high heat and ensure it spreads evenly at the base of the pan.
2. Allow the sugar to burn until it has a dark caramelized colour.
3. Gradually add two cups of hot boiled water to the dark caramelised sugar and stir repeatedly until all the sugar has dissolved. If you want the mixture to have a lighter colour, add more hot boiled water until the preferred colour is reached.
4. Turn the stove off and remove the pan.



#### *Creating the Wet Pudding Mix*

1. To create a wet pudding mix, you should add the following to the hot burnt sugar liquid: butter, sugar, beaten eggs, and golden syrup or maple syrup.
2. Gradually combine the mix with the sieved self-raising flour and baking powder mixture.
3. Gently stir and ensure everything is well-combined  
(The mixture should not be dry)

#### *Preparing the Basket*

4. Take a large oven bag and fold the opening down on the outside
5. Place the bag evenly at the bottom of the hangi basket and shape it to fit the shape of the basket
6. Pour half of the wet pudding mixture and spread it out evenly.
7. Place 2 flavour sticks at the bottom of the pot
8. Grab the basket containing the oven bag with wet pudding mixture and lower it into the pot.
9. Cover with the lid
10. Turn in full heat for 10 minutes.
11. After 10 minutes, add 5 cups of hot water to the pot, but ensure no water gets into the bag.
12. Pull the side of the bag and twist it at the top to prevent steam from dripping into the pudding mix.
13. Cover with pot with a lid and cook for another 30 minutes.
14. Remove the lid and turn off the heat
15. Carefully remove the basket from the pot using two grip hooks
16. Gently remove the oven bag from the basket
17. Untwist the oven bag and carefully remove the pudding.

*Note: You can cook two puddings by placing another oven bag with wet pudding mixture on another basket and placing both in the hāngī pot.*

*Serve with cream and custard or your favourite topping, and enjoy*

