



Food Fest-Back to Basics

Pouding chômeur à l'érable (Québécois Maple Pudding)



Prep Time: 15 minutes Cook Time: 45 minutes Total Time: 1 minutes Servings: 10

Recipe provided by Chef Ronald St Pierre, a well-known and respected Chef in the Comox Valley.

This dessert, which literally means “Pudding of the unemployed”, was very often served at home and on family gatherings when I was growing up. Pouding chômeur is so easy to make that even kids can make it, and I believe it may indeed have been one of the first desserts I made with my mom. Its name comes from its origins: it is said that pouding chômeur was created by female factory workers during the Great Depression, in 1929. The dessert is made with cheap ingredients most families always had on hand at the time.

Ingredients

For the cake

1 ½ cups all-purpose flour

½ tsp kosher salt, or fine sea salt

1 cup granulated sugar

¾ cup milk

2 tsp baking powder

½ cup unsalted butter, softened

2 eggs*

1 tsp pure vanilla extract

The Sauce (3 Versions)

Farmers' Market Version

1 cup packed light brown sugar

½ cup Honey*

1 ½ cups heavy whipping cream

1 tbsp all-purpose flour

½ tsp kosher salt, or fine sea salt

Maple version

1 ½ cups pure maple syrup

1 ½ cups heavy whipping cream

½ tsp kosher salt, or fine sea salt

Traditional version

1 ½ cups packed brown sugar

1 ½ cups water

1 tbsp all-purpose flour



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Instructions

Preheat the oven to 400°F (200°C). Butter a 9-in (23 cm) square baking pan.

For the sauce:

In a saucepan, whisk the honey, brown sugar, heavy cream and flour together. Bring to a boil, whisking occasionally. Turn off the heat and pour the sauce into the prepared baking dish.

For the cake:

1. In a small bowl, mix the flour, baking powder, and salt together. Set aside. Measure the milk in a cup and mix in the vanilla extract. Set aside.
2. In the bowl of beat the butter and sugar together until fluffy. Mix in the eggs one at a time, beating well after adding each one. With the beater on low speed, mix in half of the dry ingredients, then mix in the milk, and finally add the remaining dry ingredients, mixing just until combined. Spoon the cake batter over the hot sauce.
3. Set the baking dish over a baking sheet to prevent spills. Bake the Farmers' Market pudding for about 45 minutes, or until the top is golden brown, the center of the batter is cooked, and the sauce is bubbly.
4. Let stand for 30 minutes after baking. To serve the pudding, spoon some of the warm cake on serving plates and enjoy with vanilla gelato or ice cream.
5. Store the pudding covered and refrigerated for up to 5 days. Warm up servings in the microwave or in a low oven before enjoying.

Chef Notes
