

Pineapple Upside Down Pudding

1 small can pineapple rings
2 glacé cherries
About 2 tablespoons golden syrup
100g self-raising flour
100g soft margarine
100g caster sugar
2 eggs

Method

1. Light the oven, Gas 4, 180°C. Place the shelf on the centre of the oven.
2. Grease a deep 18cm cake tin or a 20cm sandwich cake tin.
3. Cover the bottom of the tin with a thin layer of golden syrup. Drain the pineapple rings and place them on the syrup with half a cherry in the centre of each ring.
4. Sieve the flour into a bowl. Add the margarine, sugar and eggs, and beat well until light and fluffy. Spread this mixture carefully over the pineapples.
5. Bake for about 30 minutes until firm. Turn out onto a plate.

Serve with either custard or pineapple sauce.

Microwave method

Use a special plastic microwave dish (18-20cm) or a round glass or china dish with straight sides. Cook for about 7 minutes, turning halfway through if your microwave has no turntable. Stand for 3 minutes before turning out.

Pineapple sauce

Put the syrup from the tin of pineapples into a measuring jug. Add enough water to make 250ml liquid. Put this into a small pan and add a rounded teaspoon or arrowroot or cornflour, a rounded teaspoon of sugar, and 2 teaspoons of lemon juice. Bring this to the boil, stirring all the time, until thick.