

The perfect recipe for reducing stress in accountancy

From an article by Makbul Patel and published on Accountingweb.

Another way is to forget about everything and do some baking at home. Nothing is more satisfying than a steamed chocolate pudding with chocolate sauce. It's easy peasy to make. Give it a try.

Chocolate Sponge Pudding

75g Self Raising Flour

25g Cocoa Powder

Pinch of Salt

100g Butter, softened

100g Caster Sugar

1/2 tsp Vanilla essence

2 Eggs Beaten

2 tbsp fresh milk

For the chocolate sauce

30ml (2 tbsp) cornflour

600ml (1 pint) fresh milk

100g good quality plain chocolate

30ml (1 tbsp) caster sugar

5ml (1 tsp) vanilla essence

30g butter

Method

The chocolate pudding

Sift flour, cocoa powder and salt into a separate bowl. In another bigger bowl, cream the sugar, butter and vanilla until light and fluffy. Use an electric whisk. Why make life hard for yourself?

Mix the eggs and the milk. Gradually add egg mixture with the flour to the creamed sugar and butter, a tablespoon at a time, mixing well after each mix.

Transfer to a greased 900ml pudding basin and cover with a pleated greaseproof paper. Secure with some thick string. You can even be clever and fashion a handle.

Place a metal cookie cutter in a big heavy bottomed pan that will accommodate the bowl. Put the bowl on the cookie cutter. Fill with boiling water up to about two thirds of the way. Put on a medium heat. Cover with the lid. Cook for about 1 and a quarter hours. It should be well risen and firm.

The chocolate sauce

Mix the cornflour and sugar with a little of the milk until a smooth paste. On a stove melt the chocolate in a saucepan with the rest of the milk. Medium heat. When fully melted add the cornflour mix and keep stirring until thickened. Add the butter and vanilla and mix well. Cook for about a couple of minutes.

You're done.