

SURPRISE CHOCOLATE, BEETROOT AND BLACKCURRANT PUDDING



What's the surprise? Two of them: a) it has a 'magic' chocolate sauce that starts on top and ends up in the bottom when it's cooked and b) it is the most delicious, unhealthy chocolate pudding recipe but with a healthy twist as it has a fruit and vegetable to give it some plus points.

If there is any left the pudding is lovely eaten cold as chocolate cake.

Ingredients for the chocolate blackcurrant pudding

serves 4-6 people

200g soft butter

250g light muscovado sugar

4 eggs

200g self raising flour

3 heaped tablespoons good quality cocoa powder

150g blackcurrants

1 raw courgette or raw, peeled beetroot, grated.

Ingredients for the sauce:

100g light muscovado sugar

3 heaped tablespoons good quality cocoa powder

600ml boiling water

Preparation of chocolate blackcurrant pudding

Preheat the oven to 180°C.

Cream the butter and sugar until pale and fluffy.

Add the eggs, flour and cocoa and mix well, add blackcurrants and courgette or beetroot and gently fold in.

Grease a deep, heatproof dish and pour in the chocolate sponge mixture.

Mix together the sauce ingredients, pour the hot chocolate sauce over the sponge mixture. It will sit on top of the batter and gradually soak in, don't stir it, just leave it!

Bake for 20-30 minutes. Check after 15 minutes and if the top of the pudding is browning too quickly, cover it with some tinfoil.

Take out of the oven and leave for cooling for 15 minutes, then cover the dish with a large plate, turn both together quickly so that the pudding stands on the plate. The chocolate sauce will gently flow over the pudding. Then remove the dish and serve warm with custard or vanilla ice cream.

Original recipe found [here](#)