



Maple Pudding Cake (Pouding Chômeur)

Indulge yourself with this classic dessert from Quebec! Canada produces more than 70% of the world's maple syrup with the vast majority produced in Quebec. It takes approximately 40 litres of sap to make 1 litre of maple syrup.

Yield: one cake, 9 servings

Total Time: 50 minutes

Ingredients

For the sauce:

1 ½ cups (375 mL) maple syrup

½ cup (125 mL) water

¼ cup (60 mL) butter

For the dough:

½ cup (125 mL) butter, softened

¾ cup (180 mL) granulated sugar

2 eggs

1 tsp (5 mL) vanilla extract

2 cups (300 g) all-purpose flour

2 tsp (10 mL) baking powder

¼ tsp (1.25 mL) salt

1 cup (250 mL) milk



Preparation

1. Preheat the oven to 350°F (180°C). Lightly coat a 9 x 9-inch (23 x 23 cm) baking pan with cooking spray and set it aside.
2. In a medium saucepan, bring the maple syrup and water to a boil.
3. Once boiling, bring to a simmer for 5 minutes until the sauce is slightly thickened.
4. Remove the saucepan from the heat and stir in the butter until dissolved, set aside.

5. In a large bowl, cream the butter and sugar with a handheld electric mixer until light and fluffy, about 2 minutes.
6. Add the eggs and the vanilla extract and stir until completely combined.
7. In another bowl, combine the flour, baking powder and salt.
8. Add the dry ingredients to the butter mixture, alternating with the milk. Stir without overworking the dough.
9. Pour the dough into the baking dish and spread evenly.
10. Gently pour the maple syrup sauce over the dough, using the back of a spoon to prevent creating dents in the surface.
11. Bake in the oven for about 30 minutes or until the top of the cake is slightly golden and a toothpick inserted in the center comes out clean.
12. Let it stand for 5 minutes and serve warm.

Alt Text: A piece of cake is served in a white bowl, topped with a maple syrup sauce. A baking dish with more cake and a jug of maple syrup are visible in the background with a red and black plaid napkin.