



RESCUING FOOD • NOURISHING COMMUNITIES



## RECIPE CARD



Recipes developed in conjunction with  
the University of Otago Human Nutrition Department

# FRUIT SPONGE



SERVES 4-5

## INGREDIENTS

### *Fruit*

- 2-3 cans canned fruit (plums, peaches, apricots, apples, pears). OR
- 3 cups fresh fruit (plums, peaches, apricots, apples, pears). OR
- 5 cups rhubarb
- ½ cup sugar

### *Topping Ingredients:*

- 2 eggs
- ½ cup sugar
- ½ cup flour, sifted
- 1 tsp baking powder
- 1½ Tbsp cold water

## METHOD

1. Pre-heat oven to 180°C on Bake setting.
2. Prepare fruit and prepare:
  - a. Canned fruit. Drain. OR
  - b. Fresh fruit. Dice into 2cm cubes. Remove core or stone from fruit. OR
  - c. Rhubarb. Dice rhubarb into 2 cm cubes. Place in a large pot with sugar and 2 Tbsp water. Cook over a medium heat for 15 minutes or until rhubarb is soft. Stir often to avoid rhubarb sticking to the pot.
3. Place fruit in a large baking dish.
4. Make topping. Use an electric or hand beater to beat eggs until foamy. Add the sugar gradually. Beat until mixture is creamy (very thick and lemon coloured). Sift the dry ingredients together. Fold a quarter of the dry ingredients carefully into the creamed mixture. Repeat until all dry ingredients have been added. Fold water into the mixture.
5. Spread mixture evenly over fruit.
6. Place in pre-heated oven for 30–40 minutes, until sponge top is golden brown.
7. Serve with custard, ice-cream, yoghurt or milk.