

This has been an lfh production....

And the last page goes to:

Definitely not

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Sterilised self-saucing cake



I have a soft spot (pun most definitely *not* intended) for gooey, saucy self-saucing puddings. My mum taught me to make the most amazing lemon self-saucing pudding when I was a kid and I've been hooked on these ever since. They're dead easy to make, super fast, totally delicious and by virtue of being cooked in the autoclave, completely sterile. For those with minimal cooking skills or time, the self-saucing pudding is your friend: they look way harder than they actually are. And although I have yet to try making individual ones, I bet they would be even more impressive!

This chocolate version is what you must make when you're in the mood for something chocolatey and warm and gooey. I like it because, if you're absolutely desperate for a chocolate treat, and all you've got in your office is 2-year old cake in a box and an autoclave, you can make this and it's still delicious!

For a 2.4L Pyrex bowl, you'll need:

- 1 box Shirriff "Sauce n' Cake mix (Chocolate Fudge flavoured, ... the older the better, and preferably from a discount bin)
- 1 egg (which I omitted due to the age of the egg, ... > 1 year old)
- 425g unfiltered tap water from lab faucet
- 1—50 mL graduated cylinder
- 1—500 mL graduated cylinder
- 1—Amsco autoclave (circa 1963)
- 1—spoon for stirring

There is no need to preheat the autoclave as the circulating water jacket keeps it at a toasty 170F. In the pyrex bowl, add 80 mL water to package 1 and mix well. Sprinkle the contents of package 2 liberally over the first layer of batter and top with 325 mL water. Cover bowl with aluminium foil to prevent rust chunks from falling into the cake (and to maintain its sterility until you consume it). Close door and cook on the "Slow Exhaust" cycle for 10 minutes (250F at 15 psi). If you're making this in individual Petri dishes, the cooking time will be shorter.

Jackie and I devoured several Petri dishes full while typing this article. We are trying to find someone willing to eat the rest. Fortunately, in a university hungry students abound.

