



Sticky Toffee Pudding

Ingredients

- 160g dates stoned and roughly chopped
- 150ml boiling water
- 90g butter softened
- 150g brown sugar
- 2 large eggs
- 2 tbsp black treacle
- 175g self raising flour
- 1 tsp bi-carb soda
- 100ml milk

Toffee Sauce

- 225g brown sugar
- 100g butter
- 275ml cream
- 1 tbsp black treacle

Method

- Preheat the oven to 170 degrees (150 degrees fan forced).
- Put the dates in a mixing bowl with the water. Leave for 30 minutes and then mash with a fork to a rough pulp. Set aside.
- While the dates are soaking, use an electric mixer to beat the 90g butter with 150g sugar until light and creamy. Add the eggs one at a time, beating well before adding the next.
- Beat in the treacle and then fold in the flour and bicarb soda using a metal spoon or balloon whisk. Fold in the milk and then finally the soaked dates and their liquid.
- Fill lined texas muffin pan cups $\frac{3}{4}$ full with the batter. You should have enough batter to fill 8-9 cups.
- Cook for approx. 30 minutes or until puddings are springy to the touch. Set aside to cool in the muffin tin.

Toffee Sauce

- Put the 225g sugar, 100g butter and half the cream into a large, heavy based pan and heat gently.
- When the sugar has dissolved, turn up the heat, stir in the treacle and bubble, stirring, for 2-3 minutes until the mix is a rich toffee colour.
- Take the pan off the heat and stir in the rest of the cream. Keep warm.

Serve warm puddings with warm sauce and best quality vanilla bean ice cream.