



Posted on 17 September 2012

by Gary Rhodes

Sticky Toffee Pudding



Ingredients

300 ml water
175g dates, stoned and chopped
1 teaspoons Bicarbonate soda
50g unsalted butter
175g caster sugar
2 eggs
175g self-raising flour
1tsp. vanilla essence
For the Toffee Sauce: 300ml double cream
50g Demerara sugar
2 tsp. black treacle

Preparation

- 1 Preheat the oven to 180°C/350°F
- 2 Boil the dates in the water for about 5 minutes until soft.
- 3 Add the bicarbonate of soda and keep the dates in the water
- 4 Cream together the butter and sugar until light and fluffy, then add the eggs and beat well
- 5 Mix in the dates with the water, the flour and the vanilla essence then pour into the baking tin
- 6 Bake for 35-40 min until just firm enough to the touch
- 7
- 8 For the sauce: Place all ingredients in a pan on a low heat and stir until all the ingredients are mixed together, then bring to the boil
- 9 Cut the pudding into portions and ladle over the sauce.

Cooks Note
