



## Sticky Toffee Pudding



<i>Ingredients</i>	<i>serves 3-4</i>
<i>Preparation time</i>	<i>15 mins</i>
<i>Cooking time</i>	<i>35-40 mins</i>

### pudding Mix

5oz Self Raising Flour,  
2oz Butter  
5oz Chopped Dates  
5oz Soft Dark Brown Sugar  
 $\frac{3}{4}$  tsp Bicarbonate of Soda  
2 Eggs  
 $\frac{1}{2}$  a Pint of Water  
8 tbsp sugar  
30g/1oz butter  
150ml/ $\frac{1}{2}$  pint double cream

### Caramel Sauce

8 tbsp sugar  
30g/1oz butter  
150ml/ $\frac{1}{2}$  pint double cream

## METHOD

- Pre-Heat oven to 150oC
- Boil the Water, Butter and Sugar
- Add the Dates and remove from the stove and leave for 5 minutes
- Whisk in Flour and Bicarbonate of Soda
- Whisk in the Eggs
- Grease moulds and fill  $\frac{1}{2}$  to  $\frac{3}{4}$  full
- Place in a water Bath cover with Tin foil and bake in a pre-heated oven for 35-40 minutes.(Check with a knife that they are cooked they should be sticky not gooey!!)
- While the Puddings are cooking, make the caramel sauce.
- Tip the sugar into a non-stick pan and heat gently until the sugar is dissolved and caramelised a light golden brown colour. Do not be tempted to start stirring the sugar until this stage is reached.
- Add the butter, and cream and stir well.
- (Take great care at this stage because the molten sugar is extremely hot and can cause serious burns if it splashes onto your skin).