



Mini Treacle Sponge

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 Prep Time ~ 30 mins	 Cooking Time ~ 1 hour
 Approx Cost ~ £1.50	 Difficulty ~ Easy
 Freeze ~ Yes	 Serves ~ 4

Tips ~ These puddings can be prepared in advance and reheated in a microwave until hot, be careful as hot syrup burns!

Ingredients

4 tablespoons golden syrup plus extra for topping

150g / 5oz unsalted butter, softened, plus extra for greasing

150g / 5oz golden caster sugar

2 eggs

150g / 5oz self raising flour, sifted

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You will need: four greased ramekin dishes or mini pudding basins and foil

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Method

- Preheat the oven to 180C / gas mark 4. In each greased mould or dish, divide the syrup.
- In a bowl, combine butter and sugar with an electric whisk until light and creamy.
- Add the eggs one at a time and continue whisking until fluffy. Add the flour and fold into the mixture until combined.
- Spoon the mixture into moulds; do not fill to the top as the sponges will rise.
- Each mould then needs to be covered with a piece of pleated foil. To do this, cut a 12cm / 5inch square, make a pleat in the middle then place over the mould and tuck under edges to seal.
- Place moulds into a deep baking tray and fill $\frac{3}{4}$ ways up with hot water.
- Place in the middle of the oven and cook for 1 hour.
- Once cooked, allow to cool slightly before running a knife around mould to loosen it. Turn out onto a dish and serve with custard and golden syrup.