

Sticky Toffee Pudding

Date and Sticky Toffee Pudding

Prep Time ~30 mins	Cooking Time ~30 mins
Approx Cost ~£6	Difficulty ~Easy
Freeze ~Yes	Serves ~6

Tip ~Any left over puddings can be kept for 2 days. To reheat the puddings individually, place a pudding on a plate and spoon over some of the sauce then heat in a microwave for about 1 minute on full power.

Ingredients

For the puddings:

125g / 4oz pitted Medijool dates, chopped

½ level teaspoon bicarbonate of soda

150g / 5oz self raising flour

125g / 4oz soft light brown sugar

Pinch of salt

90g / 3oz unsalted butter, softened

2 large eggs

5 tablespoons milk

For the toffee sauce:

60g / 2oz unsalted butter

175g / 6oz light soft brown sugar

300ml double cream

Few drops of vanilla extract

You will need: 6 mini pudding tins, buttered

Method

- To make the puddings - place the chopped dates in a bowl and stir in the bicarbonate of soda. Pour over 150ml / ¼ pint boiling water, then leave for at least 30 minutes for dates to soften.
- Set oven to preheat 180C / Gas mark 4.

- Tip the flour, sugar and salt into a bowl, add the butter, eggs and milk, and beat until the mixture is smooth.
- Fold in the dates.
- Divide the mixture between the pudding tins, then place the tins on a baking sheet.
- Bake the puddings in the oven for 20 - 25 minutes or until they have risen and feel just firm to the touch.
- To make the toffee sauce - melt the butter in a pan and stir in the brown sugar and then the cream and vanilla.
- Stir the mixture over a low heat until the sugar dissolves. Increase the heat and simmer the sauce until it thickens to the desired consistency. Remove the pan from the heat.
- Take the puddings out of the oven and leave them to cool in their tins for 2 - 3 minutes, then ease them out and place on serving plates.
- Rewarm the sauce if necessary and spoon over the puddings. Any extra sauce can be served in a jug.

To freeze - pack the cold puddings in a freezer container and freeze them for up to 1 month. The sauce is not suitable for freezing.