HEARTY & GROUNDING

# Sticky Toffee Pudding

| PREP | COOK | SERVES |
| --- | --- | --- |
| 20 min | 45 min | 8 |

Vegetarian

A soft, date-sweetened sponge drowned in hot toffee sauce. The best answer to a cold evening.

## Ingredients

### For the pudding

- 200 g pitted dates, chopped
- 250 ml boiling water
- 1 tsp bicarbonate of soda
- 75 g soft butter
- 150 g dark brown sugar
- 2 eggs
- 200 g self-raising flour
- 1 tsp vanilla extract

### For the toffee sauce

- 100 g butter
- 150 g dark brown sugar
- 200 ml double cream
- 1 tbsp black treacle
- A pinch of salt

## Method

1. Heat the oven to 180°C and grease a 20 cm square baking dish.
2. Put the dates in a bowl, pour over the boiling water, add the bicarbonate of soda and leave for 10 minutes.
3. Beat the butter and sugar until pale, then beat in the eggs one at a time.

4. Fold in the flour and vanilla, then stir in the dates with all their liquid to a loose batter.
5. Pour into the dish and bake for 35 to 40 minutes, until risen and a skewer comes out clean.
6. For the sauce, melt the butter and sugar in a pan, add the cream, treacle and salt, and simmer for 3 to 4 minutes until glossy.
7. Pour half the sauce over the hot pudding, cut into squares and serve with the rest of the sauce.

### Cook's tip

Prick the warm pudding with a skewer before you pour over the sauce, so the sauce soaks right in.