COOKING PASSION SINCE 1877

Sticky date puddings

DIFFICULTY: EASY

PREPARATION TIME: 20 MINUTES

COOKING TIME: 18 MINUTES

SERVES: 10

Ingredients

Puddings

250 g pitted dates, chopped
1 tsp bicarbonate of soda
250 ml boiling water
80 g unsalted butter, softened
110 g caster sugar
2 eggs, lightly beaten
1 tsp vanilla extract
190 g SR flour
½ tsp salt

Caramel sauce

160 g brown sugar
250 ml cream
50 g butter
½ tsp vanilla extract

Method

Grease 10 (1/2 cup) non-stick muffin pans or ramekins and line the bases with a small circle of baking paper.

Place the dates, bicarbonate of soda and water in a bowl and let stand for 15 minutes. In a bowl of an electric mixer place the butter and sugar and beat until pale and creamy. Add the eggs one at a time, add the vanilla. Beat until smooth.

Preheat oven on FullSteam 100^{0}C.

Fold in the flour, salt and date mixture. Spoon the mixture evenly into prepared muffin pans or ramekins. Cook puddings for 18 minutes, there is no need to cover.

While puddings are cooking, make the caramel sauce. Place all of the ingredients in a saucepan. Stir over medium heat or Induction level 6 to dissolve sugar and melt the butter. Cook for 3-5 minutes or until thickened.

Turn puddings out on to individual serving plates and drizzle over the caramel sauce. Serve with whipped cream or ice-cream.

Notes

Individually wrap each pudding in plastic wrap and freeze for up to 4 weeks. To reheat the puddings select FullSteam 100^{0}C and place the puddings in the oven uncovered and cook for 10 minutes from frozen.

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