

Sticky toffee pudding with toffee sauce



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Sticky toffee pudding with toffee sauce

Serves 6

This is a classic English recipe so it isn't one of my own making. The recipe came from the BBC website. It is very easy to make and great served with either whipped cream or vanilla ice cream.

I noticed that the mixture, in it's raw state, keeps very well in the fridge so you can make it one day and cook the next. The puds also freeze very well.



Step 1 – make the puddings

Sticky toffee pudding

60g (2oz) butter

180g (6oz) demerara sugar

2 tbsp black treacle

1 tbsp golden syrup

3 small eggs

200g (7oz) self raising flour

200g (7oz) pitted dates

Water

1 teaspoon bicarbonate soda

½ teaspoon vanilla extract

First if all place your pitted dates into a pan, just cover with water, bring the water to the boil and then take it immediately off the heat. Leave it to cool down.

Warm the butter to room temperature and place it in a food processor. Whizz it up with the demerara sugar. Add the dates and the liquid in whizz that up to a fine puree.

Empty the contents into a bowl and whisk in the remaining ingredients. Butter some muffin tins and $\frac{3}{4}$ fill with the mixture. Bake in a medium oven for about 25 minutes or until the puds feel firm all of the way through. Serve immediately or cool for later.

Sticky toffee puds reheat well in the microwave but if you don't have one or don't like using them pop them in the oven to warm up.



The raw mixture



Fully cooked through



Chefs tip

To save waiting around soak the dates the night before

To test to see if the puds are cooked carefully touch the top of them. If the top feels slightly liquid underneath the surface put them back in. When the top is firm and slightly springy they are ready.

Step 2 – the toffee sauce

Toffee sauce

100ml (½ cup) double cream

(2oz) butter

(2oz) muscavado sugar

2 tbsp black treacle

1 tbsp golden syrup

Simply add all of the ingredients to a saucepan and heat them together. Serve warm over the hot puds.