

THE CHEAT'S GUIDE

STICKY DATE PUDDING



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SERVES 6 | PREP TIME: 10 MINS | COOK TIME: 20 MINS

INGREDIENTS

300ml boiling water
170g pitted dates
1 teaspoon bi carb soda
60g butter, at room temperature
170g castor sugar
170g self raising flour
2 eggs

CARAMEL SAUCE

Caramel sauce
250g brown sugar
170ml thickened cream
80g butter

Vanilla ice-cream to serve

METHOD

1. Preheat oven to 180°C.
2. Brush six $\frac{3}{4}$ cup ramekins with melted butter and line the base with baking paper.
3. Add the dates and bicarb to the hot water and stir well. Leave for 10 minutes until softened. Mash using a fork or back of a spoon.
4. Cream butter and sugar using an electric mixer until pale in colour. Add eggs, one at a time. Fold through the flour, then stir in the date mixture.
5. Divide between the prepared ramekins. Bake in the pre-heated oven for 15 - 20 minutes until cooked through.
6. For the caramel sauce, add the sugar and butter to a small pan. Heat over low to medium heat until the sugar is dissolved. Stir through cream and set aside until ready to use.
7. To serve, place a pudding onto a plate and pour over caramel sauce, and add a scoop of ice cream.

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