



## STICKY TOFFEE PUDDING

### Ingredients

#### For the pudding

- 75g soft butter
- 75g light soft brown sugar
- 75g dark muscovado sugar
- 200g self-raising flour, plus extra for dusting
- 1 tbsp golden syrup
- 2 tbsp black treacle
- 2 eggs
- 1 tsp vanilla extract
- 200g pitted dried eating dates
- 1 tsp bicarbonate of soda

#### For the toffee sauce

- 125g butter
- 75g light soft brown sugar
- 50g dark muscovado sugar
- 200ml double cream

### Method

- Pre-heat the oven to 180C. Grease a 20cm (Brownie) tin thoroughly with 25g of the butter, then dust the inside with flour.
- Blend the remaining butter and sugar together with a food mixer. Slowly add the golden syrup, treacle, eggs and vanilla extract to the mixture and continue mixing. Turn the mixer down to a slow speed and add the flour. Once all combined, turn off the mixer.
- Put the dates in a saucepan with 300ml water and bring to the boil. Purée the water and date mixture until not quite smooth and add the bicarbonate of soda and vanilla extract. Quickly add this mixture to the flour and butter mix. Once combined, pour into the prepared tin and bake for 30 - 35 minutes until the top is springy to touch and the pudding is just starting to shrink from the edges of the tin.
- Remove from the oven and allow to cool, then turn out of the tin and cut into squares.
- To make the sauce, melt the butter and sugar together in a small pan, add the cream and bring to the boil. Simmer for a few minutes until the sauce reaches the desired consistency, it should coat the back of a spoon.
- To serve, warm the sauce, then warm the pudding in the oven, or for a few seconds in the microwave and serve with ice-cream.