

Sticky Toffee Pudding

Ingredients

Puddings - makes 12

175g butter
150g caster sugar
2 eggs beaten
175g self raising flour
175g chopped dates
175ml boiling water
½ teaspoon vanilla essence
2 teaspoons coffee essence
¾ teaspoon bicarbonate of soda

Sauce

175g soft brown sugar
110g butter
6 tablespoons double cream



Method

1. Turn oven on to 180°C or 165°C fan oven.
2. Put dates in a bowl and pour the boiling water over them. Add vanilla essence, coffee essence and bicarb. Leave to stand.
3. Using an electric mixer, cream the butter and sugar until soft and pale.
4. Gradually add beaten eggs - a bit at a time and beat well between additions. You can add a spoon of the flour just to try to stop any curdling at this point.
5. Sift the flour into the mix and lightly fold in.
6. Now add the dates and all the soaking liquid.
7. The batter looks runny but that's ok. It helps keep the puddings light and not too heavy.
8. I use a muffin tin and muffin cases. This mix makes 12 puddings.
9. Bake for 25 minutes.
10. The puddings will have risen and spring back to the touch when cooked.
11. When they have cooled a little, remove from the tin and place on a cooling rack.
12. Make the sauce: Place all ingredients in a pan and heat over a low heat until the butter has melted and all the sugar dissolved.

To serve

1. Take the number of puddings you wish to serve and remove the muffin cases.
2. Place "upside down" on a heat proof tray.
3. Turn the grill to hot, pour some of the sauce so the pudding tops are well coated.
4. Let the puddings heat through so the sauce is browned and a little crunchy and bubbly.
5. Serve with the remaining sauce and / or cream.

Top tip

Dr Kocierz makes them using Gluten free SR flour and ½ tsp xanthan gum. During the taste test the London's Air Ambulance crew couldn't tell the difference!

