

Sticky Toffee Pudding – makes 18 portions

Ingredients:

Baking Powder	5g
Bicarbonate of soda	5ml
Black Treacle	5g
Dates Chopped Dried	115g
Eggs	3
Flour Self Raising	225g
Golden Syrup	60g
Baking Fat	225g
Sugar Dark Brown	225g
Vanilla Extract	5ml
Water	15ml
Water boiling	300ml

Method:

Preheat oven to 150c

Cream the baking fat with the sugar until light. Gradually beat the eggs into this mixture.

Sift the flour with the baking powder.

In a separate bowl mix the dates, bicarb, vanilla essence and 300 ml boiling water. Let it soak for 5-10 min then blend till smooth.

Fold the flour mixture into the creamed mixture and then add the date mixture.

Pour into a tin and bake for 30 - 35 min.

For the toffee sauce: Mix the 15ml water (**NB. NOT THE BOILING WATER**), black treacle and the golden syrup.

Serve with custard