



# STICKY TOFFEE PUDDING



**Raising agent, caramelisation, baking, bicarbonate of soda**

Equipment – Mixing bowl, electric whisk, small saucepan, measuring spoons, spatula

## Ingredients

Working in pairs

### Sponge

100g pitted, chopped dates  
125ml black tea  
42g soft margarine  
84g caster sugar  
1 egg  
84g self raising flour  
½ tsp bicarbonate of soda  
¼ tsp mixed spice

### Sauce

50g butter  
50g light muscavado sugar  
70ml double cream  
4 pudding basins

## Method

- 1 Chop the dates and combine with the tea into a saucepan. Bring to a slow boil and simmer for 2 -3 minutes until the dates are soft. Add the bicarbonate of soda and stir well.
- 2 Mix together the margarine, sugar, egg, flour and mixed spice. Beat until light and fluffy with an electric whisk.
- 3 Add the dates to the sponge mixture and stir well.
- 4 Pour the mixture evenly between the foil dishes.
- 5 Bake for 18 – 20 minutes at 180°C, or until the puddings spring back to the touch.
- 6 Prepare the sauce, melt the butter and sugar together, do not boil. Add the cream and reheat.
- 7 Remove the puddings from the oven when cooked, take out of the foil containers and top with the toffee sauce.
- 8 Serve with ice cream or crème fraiche.