

Sticky Toffee Pudding

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2	ounces	butter
6	ounces	demerara sugar
1	tablespoon	golden syrup
2		eggs
2	tablespoons	black treacle
7	ounces	self-rising flour
7	ounces	pitted date
10	ounces	boiling water
1	teaspoon	bicarbonate of soda
1/2	teaspoon	vanilla extract
		sauce
4	ounces	double cream
2	ounces	butter - diced
2	ounces	dark muscovado sugar
2	tablespoons	black treacle
1	tablespoon	golden syrup

Preheat oven to 400. Grease and flour 6 molds.

Cream the butter and sugar until pale and fluffy. Add the golden syrup, treacle and eggs and blend until smooth. Add the flour and blend at low speed until well combined.

Meanwhile, blend dates and boiling water to a smooth puree. Stir in vanilla and bicarbonate of soda.

Pour date mixture into batter and combine.

Pour the mixture into the molds and bake for 20-25 minuyes, until top is springy and golden brown.

Heat all sauce ingredients together, stirring until boiling.

Remove from moulds and pour sauce over, and serve with a scoop of vanilla.