

Sticky Toffee Pudding

Ingredients

225 g (8oz) pitted dates
75 g (3oz) softened butter
200 g (7oz) demerara sugar
225 g (8oz) self-raising flour
2 medium eggs

2 tbsp. golden syrup

1 tsp. bicarbonate of soda

For the toffee sauce

75 (3oz) butter
75 (3oz) dark brown muscovado sugar
250 ml (9 fl oz) double cream
2 tbsp. golden syrup

Method

1. Preheat oven to 180°C (160°C fan) mark 4. Grease and line the base and sides of an 18 x 25.5cm (7 x 10in) roasting tin with baking parchment. Put dates into a food processor and pour in 300ml (1/2 pint) just-boiled water. Leave to soak for 5min.

2. Meanwhile, in a large bowl beat together butter, demerara sugar, flour, eggs and golden syrup with an electric hand whisk until smooth.
3. Whiz the date mixture to a purée, then pulse in bicarbonate of soda. Fold date purée into the batter until well combined. Transfer to the prepared tin and bake for 45-50min or until a skewer inserted into the centre comes out clean.
4. Meanwhile, make the toffee sauce: melt butter in a medium pan. Add sugar, double cream and golden syrup. Bring to the boil, stirring often, and simmer for 3-5min until thickened. Serve warm cake in squares, drizzled generously with sauce (reheat if needed) – and ice cream, if you like!