

Individual Sticky Date Puddings

Makes 12.

Equipment:

12 cup muffin trays x 2
Baking paper
Chopping board
Knife
Measuring cups and spoons
Scales
Mixing bowl – 1 medium, 1 large saucepan
Whisk
Wooden spoon
Electric beater
Fork
Cooling racks

Ingredients:

Puddings

Melted butter to grease
1 $\frac{3}{4}$ cups pitted dates, chopped
1 cup boiling water
1 tsp. bicarb soda
80g butter at room temperature
 $\frac{1}{2}$ cup caster sugar
2 eggs
 $\frac{3}{4}$ cup self raising flour, sifted
 $\frac{1}{2}$ cup plain flour, sifted

Butterscotch Sauce

1 cup cream
1 cup lightly packed brown sugar
60g butter, chopped
1 tsp. vanilla essence

What to do:

- Preheat the oven to 180°
- Chop the dates into pieces. Combine the chopped dates, water and bi-carb soda in a bowl. Set aside for 10 minutes to soften.
- Meanwhile, prepare the muffin tins by greasing the holes and lining the bases with baking paper cut to size.
- Beat the butter and caster sugar together until pale and creamy. Add the eggs one at a time, beating well after each addition.
- Use a fork to coarsely mash the soaked dates. Then fold the date mixture and the sifted flours into the creamed butter and eggs, folding lightly to combine all ingredients.
- Spoon the mixture into the prepared trays.
- Bake for 20-25 minutes or until the surfaces spring back when lightly tapped. Allow to cool for 5 min before turning out onto a cooling rack.
- Meanwhile, place the cream, brown sugar, vanilla essence and 60g butter into a saucepan over a medium heat. Cook, stirring for 5 minutes or until smooth and hot.
- Divide puddings onto serving plates. Top with a dollop of ice cream and a drizzle of butterscotch sauce.