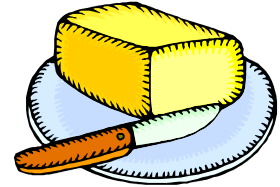


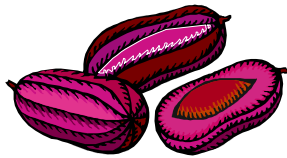
# Sticky Date Pudding



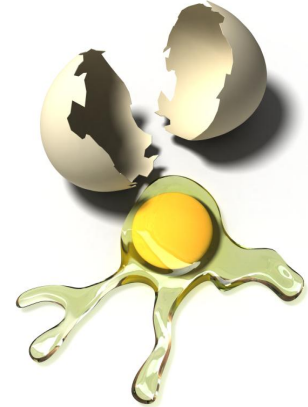
*Work In Pairs*  
**Preparation Time:**  
15 minutes +15 minutes soaking  
**Total Cooking Time:**  
15 minutes Texas Muffin tins.  
**Serves: 4**



## pudding



$\frac{1}{2}$ C chopped, pitted dates  
 $\frac{1}{2}$ t bicarbonate of soda  
3T butter  
 $\frac{1}{3}$  C brown sugar  
 $\frac{1}{2}$ t vanilla essence  
1 egg, lightly beaten  
 $\frac{3}{4}$ C SR flour



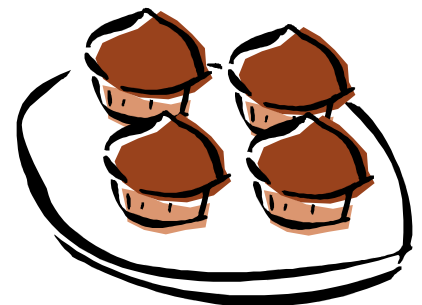
## Method

1. Preheat the oven to moderate (180°C).
2. Put the dates and the bicarbonate of soda in a medium heatproof bowl and add  $\frac{1}{2}$ C boiling water. Stir and leave for 15 minutes.
3. Put muffin papers in 4 Texas muffin tin.
4. Using electric beaters, beat the butter, sugar and vanilla until light and creamy.
5. Gradually add the eggs, beating well after each addition.
6. Fold in half the flour, then half of the date mixture.
7. Stir in the remaining flour and date mixture, mixing until well combined.
8. Pour the mixture into the prepared cake tin or divide the mixture evenly between the 4 muffin tins.
9. Bake the muffins for 15 minutes, or until a skewer inserted into the centre of the pudding comes out clean.
10. Leave the pudding in the tin to cool for 5 to 10 minutes before turning out.



## Sauce

$\frac{1}{3}$ C Brown sugar  
60mL Cream  
 $1\frac{1}{2}$ T butter  
 $\frac{1}{8}$ t vanilla essence



## Method

1. Put the cream, sugar, butter and vanilla essence in a small saucepan and bring to the boil while stirring.
2. Simmer over low heat for 5 minutes.
3. Pour over the pudding and serve with whipped cream.