

# STICKY TOFFEE PUDDING BY JAMES MARTIN

## INGREDIENTS

### FOR THE PUDDING:

30g butter  
85g dark brown demerara sugar  
1 egg  
100g pitted dried dates  
150ml water  
1 teaspoon bicarbonate of soda  
100g self raising flour  
½ teaspoon vanilla extract  
1 tablespoon black treacle  
1 tablespoon golden syrup  
Soft butter for greasing

### FOR THE SAUCE:

100ml double cream  
40g butter  
40g dark brown sugar  
2 tablespoons black treacle  
1 tablespoon golden syrup



## METHOD

- STEP 1.** Ask an adult to preheat the oven to 200°C. Grease six individual moulds very well. Coat the inside with flour.
- STEP 2.** . Place the water and dates on to boil.
- STEP 3.** Blend the butter and sugar together using an electric hand whisk.
- STEP 4.** Slowly add the golden syrup, treacle and eggs to the butter mixture and carry on mixing. Turn the mixer down to a slow speed and then add the flour.
- STEP 5.** Purée the water and date mixture and add the bicarbonate of soda. Quickly add this mix while it is still hot to the egg mix.
- STEP 6.** Once the mix is combined, add to the moulds and bake in an oven for 10-15 minutes until the top is just firm to the touch.
- STEP 7.** To make the sauce all you do is place all the ingredients into a pan and bring to the boil and the sauce is ready.
- STEP 8.** Remove the puddings from the moulds and glaze with sauce when still hot.

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BAKE OFF**