

Sticky Date Pudding



Serves: 6

Preparation Time: 30 minutes

Cooking Time: 20 -25 minutes

Cooking Utensils: Muffin Tray

Ingredients

pudding

- 1½ cups Dates, chopped
- 1½ cups Water
- 1 tsp Bicarbonate of Soda
- 3 tbsp Margarine
- ¾ cup Caster Sugar
- 2 Eggs, beaten
- 1 cup Self raising flour

Butterscotch Sauce

- ½ cup Brown Sugar
- 125ml Cream
- ½ cup Margarine

Method:

1. Preheat oven to 180°C, grease muffin tray with spray oil.
2. Place water and chopped dates in small saucepan, bring to the boil and simmer for 5 minutes.
3. Remove from heat, add bicarbonate of soda and let stand for 5 minutes.
4. Place date mixture in strainer to remove excess liquid. (Cool for 5-10 minutes)
5. Cream margarine and sugar until light and creamy.
6. Beat in eggs a little at a time.
7. Fold in flour, and then add date mixture.
8. Place mixture in muffin tray, bake at 180°C, and cook for 20 – 25 minutes.
9. Combine all sauce ingredients in small saucepan and bring to the boil, remove from heat.
10. Take muffins from tray and pour over sauce, serve with cream or ice-cream.