

Sticky Toffee Pudding

When you think of pudding and England, the first thing that comes to your mind is the well-known Plum Pudding. However, Sticky Toffee Pudding is another English dessert, or rather a small cake, that features a moist sponge cake with a delicious toffee sauce. You can pair it with ice cream or vanilla cream for an extra indulgent treat.

It's important to note that in German, the word "pudding" is more commonly associated with vanilla pudding, which is called "custard" in English. In contrast, on the island, a "pudding" refers to a dessert and can even be a type of cake, like in the case of Sticky Toffee Pudding.

Pudding Ingredients

- 180 g pitted dried dates
- 300 ml boiling water
- 1 tsp baking soda
- 60 g butter
- 180 g white sugar
- 240 g flour
- 1 tsp baking powder
- 1 egg
- 1 tsp vanilla extract



For the sauce:

- 60 g butter
- 90 g brown sugar
- 100 ml cream

Preparation

Preheat oven to 160 degrees Celsius.



Quarter or chop the whole dates into smaller pieces.



Place the dates in a bowl, mix with baking soda, and pour boiling water over them. Let it sit.



Meanwhile, cream butter and sugar until pale in color. Gradually add eggs, flour, and baking powder. Then add the dates with the liquid and finally the vanilla essence.



Mix everything well.



Pour the batter into a greased casserole dish (or individual baking tin)



and bake it in the oven for about 30 minutes.



For the sauce, bring all ingredients to a boil in a saucepan.



Let it simmer for 2 minutes while stirring, and pour over the warm pudding



If you want it to be a bit more chocolatey and sweet, add some cocoa



...and mix it with the other ingredients.



Bake it in the oven for about 30 minutes



Pour the still slightly warm pudding over with the warm toffee sauce. Serve with a scoop of ice cream or something else.