

STICKY TOFFEE PUDDING CUPS

Makes 10

INGREDIENTS

For the puddings:

- ¼ cup (60g) butter, plus 5 tbsp to grease the cups
- 1 cup (200g) Selati Brown Sugar
- 1 cup (250g) dried dates, pitted
- 1 tsp bicarbonate of soda
- 1½ cups (250g) self-raising flour
- 1 tsp vanilla essence
- 2 large eggs, slightly beaten

For the sauce:

- ¾ cup (150g) Selati Brown Sugar
- ¼ cup (60g) butter
- ½ cup (120ml) cream

Serving suggestion:

- ¼ cup (25g) Selati Icing Snow Icing Sugar
- Vanilla ice cream

METHOD

For the puddings:

1. Preheat the oven to 180°C and grease a 12-hole cup muffin tray with butter. Once all of the cups are greased, sprinkle ¼ cup Selati Brown Sugar evenly between the cups. Turn the tray upside down and gently knock out the excess sugar. Set aside.
2. Put the dates in a saucepan with 250ml water and bring to the boil. Add the bicarb and the reserved 60g butter and stir until the butter is melted. Remove from the heat and set aside to cool. Once cool, mash the dates with a fork until broken and slightly pureed. Add ½ cup water and stir to combine.
3. In a large bowl, sieve the flour and add in the reserved ¾ cup of sugar. Add the vanilla essence, eggs and date puree and stir until just combined.
4. Scoop ¼ cup of batter into each muffin hole and bake for 20 minutes.

For the sauce:

5. While the puddings are baking, prepare your sauce by adding the Selati Brown Sugar, butter and cream into a large microwavable jug. Cook uncovered in the microwave for 5-7 minutes, stirring every 2 minutes.

