



STICKY TOFFEE PUDDING

Serves

8-10

Prep

15-20 minutes

Cook

2 - 2 ½ hours

Method

Put the dates and milk in a pan and bring to the boil, remove from the heat and stir in the bicarbonate of soda, leave to cool

Whisk together the sugar and butter until lighter in colour, approx. 4-5 minutes, add the eggs 1 at a time making sure to whisk well each time. Sieve the flour, baking powder, salt and mixed spice

Stir the cooled dates into the butter mix, and then fold in the dry ingredients

Line the bottom of the slow cooker bowl with tin foil and slightly grease, put the pudding mixture into the slow cooker bowl and cook on high for 1 ½ - 2 hours

For the butterscotch sauce, put all ingredients into a saucepan and bring to the boil, simmer for 2-3 minutes and remove from the heat

Ingredients

450g chopped dates
180ml whole milk
¼ tsp bicarbonate of soda
270g plain flour
8g baking powder
¼ tsp salt
¼ tsp mixed spice
260g soft dark brown sugar
180g butter
3 large free range eggs

Butterscotch sauce

175g soft dark brown sugar
240ml double cream
50g butter