

# Butterscotch and date pudding



## Serves 4

½ tsp cinnamon  
90 g deseeded dates  
½ tsp bicarbonate soda  
150 ml boiling hot water  
40 g unsalted butter  
½ cup brown sugar  
1 egg  
80 g self-raising flour  
1 tsp pure vanilla concentrate  
Zest 1 lemon  
Pinch of salt  
4 Silicon baking moulds

## Butterscotch Sauce

2 cups sugar  
½ cup water  
½ cup butter  
1/3 cup cream

1. Place dates in a pot with water. Simmer for 5 minutes. Add bicarb and stir until a paste forms.
2. Cream butter and sugar until sugar dissolves.
3. Add vanilla and date puree and stir through.
4. Add flour, egg, cinnamon, lemon zest, and salt. Stir until smooth.
5. Fill silicon moulds (or disposable wooden boxes) nearly to the top.
6. Bake at 150°C for 30 minutes or until an inserted wooden skewer comes out clean.
7. Allow to cool slightly and turn out onto a wire rack.
8. To make the butterscotch sauce, add water and sugar to a heavy pot. Simmer until caramel forms. Add cream and simmer until all lumps are gone. Stir in butter and keep warm.
9. To serve, place warm pudding in a bowl. Spoon over sauce and serve with banana and praline ice cream or real vanilla ice cream available from good delis.

## Hints:

- Can be made days in advance and microwaved for 1 minute.
- Add a tablespoon of Grand Marnier for a more adult flavour.