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Mary's sticky toffee pudding



Preparation time

less than 30 mins

Cooking time

30 mins to 1 hour

Serves

Serves 6

Dietary

Sticky, gooey and surprisingly light and easy, Mary's sticky toffee pudding is a winner.

Baked in a large dish, this is a family-sized pudding, spooned out or cut into squares to serve. For this recipe you will need a 1.7-litre/3-pint ovenproof dish and an electric whisk. Each serving provides 927 kcal, 9g protein, 88g carbohydrates (of which 60g sugars), 59g fat (of which 36g saturates), 1.5g fibre and 1.9g salt.

By Mary Berry

From Mary Berry Everyday

Ingredients

100g/3½oz butter, softened, plus extra for greasing

175g/6oz light muscovado sugar

2 large free-range eggs

225g/8oz self-raising flour

1 tsp baking powder
1 tsp bicarbonate of soda
3 tbsp black treacle
275ml/9½fl oz full-fat milk
double cream or vanilla ice cream, to serve

For the sauce

100g/3½oz butter
125g/4½oz light muscovado sugar
1 tbsp black treacle
300ml/10fl oz pouring double cream
1 tsp vanilla extract

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Butter a wide shallow 1.7-litre/3-pint ovenproof dish.
2. Put the butter, sugar, eggs, flour, baking powder, bicarbonate of soda and treacle into a mixing bowl. Beat using an electric handheld whisk for about 30 seconds or until combined. Pour in the milk gradually and whisk again until smooth. Pour into the prepared dish. Bake for 35–40 minutes or until well risen and springy in the centre.
3. To make the sauce, put all the ingredients into a saucepan and stir over a low heat until the sugar has dissolved and the butter has melted. Bring to the boil, stirring for a minute.
4. To serve, pour half the sauce over the pudding in the baking dish. Serve with the cream or ice cream.

Recipe Tips

This recipe can be cooked up to a day ahead and reheated. The sauce can be made up to 3 days ahead, cover and store in the fridge.