

Tahini and Pistachio Sticky Toffee Pudding



Author: recipebyrosie

A sweet moist date sponge flavoured with earthy tahini and studded with nutty pistachios. Covered in an indulgent sticky honey toffee sauce its the perfect flavour combination. Served warm, its gooey and comforting, sweet with a hint of savoury flavour notes.

Ingredients

Sponge

- 280g self rising flour
- 1/2 tsp baking powder
- 1/2 tsp bicarbonate soda
- ½ tsp salt
- 100g light brown sugar
- 150g dark brown sugar
- 120g dairy free yoghurt, room temperature
- 90g vegetable oil
- 210g medjool dates
- 500ml dairy free milk
- 200g pistachios, chopped
- 60g tahini

Sauce

Instructions

1. Preheat the oven to 170 C Fan.
2. Line and lightly grease a square baking tin (9 inch)
3. Add chopped dates to a saucepan and then pour over the milk. Heat on medium heat, stirring all the time, for around 12 minutes until the dates are soft. Remove from heat and transfer to a blender and blend until smooth.
4. Pour this into a large mixing bowl, leave to cool slightly and then add in the remaining wet ingredients.
5. Using a sieve, sift in the dry ingredients.
6. Gently mix until JUST combined. The mixture should be thick but add a little more milk if it's not pourable. Fold in 100g of the chopped pistachios.
7. Pour the batter into the tin and cover with the remaining chopped walnuts then bake for 30-40 mins (all ovens are different but the sponge should be well-risen and spring back when touched)
8. Whilst the sponge is baking, make the toffee sauce.

- 150g dark brown sugar
- 150g dairy free butter
- 270ml dairy free double cream
- 30g honey
- 30g tahini

9. Add sugar, honey and butter to a saucepan and melt together on medium to high heat, stirring all the while until bubbling. Reduce the heat pour in the cream and tahini, mix together. Remove from the heat and allow to cool and thicken.

10. Leave the pudding to cool for 10 mins before poking holes into the cake.

11. Pour the sauce over the pudding along with the remaining pistachios and leave this to soak in for at least 20 minutes before serving.

Notes

You can also use dairy ingredients in this recipe.

Use dairy / dairy free ingredients with at least 2% fat content for best results.

