

Sticky Pistachio Sponge Pudding



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A tender pistachio sponge soaked in an indulgent sticky pistachio toffee sauce for the gooiest pudding.

Ingredients

Sponge

- 280g self raising flour
- 80g ground pistachios
- 1 tsp baking powder
- ½ tsp bicarbonate soda
- 200g light brown sugar
- 100g dairy free / dairy full fat yoghurt
- 100ml vegetable oil
- 360ml dairy / dairy free milk
- 1 tsp apple cider vinegar

Pistachio Toffee Sauce

- 100g light brown sugar
- 80g dairy / dairy free butter
- 180g dairy / dairy free double cream
- 80g pistachio butter / cream

Instructions

1. Lightly grease a 9 inch square baking dish and preheat the oven to 170 degrees C.
2. Mix together milk and vinegar - set aside to thicken to create a buttermilk (consistency similar to single cream)
3. Once thickened pour into a large mixing bowl and then add in the remaining wet ingredients.
4. Using a sieve, sift in the dry ingredients.
5. Gently mix until JUST combined - there may be some small lumps but that is fine! Overmixing may cause the cake to be dense and not rise.
6. Pour the batter into the tin and bake for 30-40 mins (all ovens are different but the sponge should be well-risen and spring back when touched)
7. Whilst the sponge is baking, make the toffee sauce.
8. Add sugar, pistachio butter and butter to a saucepan and melt together on medium to high heat, stirring all the while until bubbling. Remove from heat, pour in the cream and mix. Allow to cool and thicken.
9. Leave the cake to cool for 10 mins before poking holes into the cake.

10. Pour the sauce over the sponge. Leave this to soak in for at least 20 minutes before serving.

Notes

All ingredients at room temp unless otherwise stated.

Use a yogurt and milk high in protein for best results (I used soya)

