

# MEDJOOOL DATE STICKY TOFFEE PUDDING

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## INGREDIENTS

### Syrup Ingredients:

226.8 g medjool dates\* , pitted

240 ml boiling water

75g butter , room temperature

145 g light brown sugar , firmly packed

8.5 g vanilla extract

2 large eggs , room temperature

35g molasses

210g all-purpose flour

1 heaped tsp baking powder

1tsp baking soda

Pinch of salt

### Toffee Sauce Ingredients:

120ml heavy whipping cream

115g butter

165g light brown sugar , packed

1 Pinch salt

1 tsp vanilla extract

## METHOD

1. **Preheat** the oven to 175C. **Lightly grease** a 12-cup muffin tin or **ramekins**.

2. **Add the dates** to the bowl of a **food processor** blender and **pour boiling water** on top. Set aside for **5 minutes**.

3. Meanwhile, prepare the batter: **Cream together butter** and **brown sugar**. **Add eggs**, one at a time, beating after each addition. **Add the molasses** and **vanilla** and mix.

4. **Sift** together the **flour, baking powder and salt**, and then **stir into the batter**.

5. **Pulse the date mixture** in a food processor, then stir in **baking soda**. **Pour date mixture into batter** (no need to strain) and fold in gently to combine (**don't over-mix**).

6. Pour batter into prepared pan. **Bake for about 18 – 20** minutes or until toothpick inserted in the center comes out clean or with few crumbs. Don't overbake or cake will be dry.

7. **Serve** muffin cakes flat-side up, **with warm toffee** sauce on top.

1. **Add cream, butter, brown sugar**, and salt to a saucepan. Cook over low heat, **stirring**, until **sugar dissolves** and sauce is smooth, and **slightly thickened about 7-10** minutes. Remove from heat and stir in vanilla.

THE  
COOKERY

by The Secret Jozi Chef