

# LIFE'S KITCHEN

— ♦ —  
A LOVE OF FOOD &  
A SENSE OF OCCASION

## RECIPE OF THE MONTH - MARCH 2019

STICKY TOFFEE PUDDING WITH RICH CHOCOLATE BUTTERSCOTCH SAUCE AND VANILLA ICE-CREAM

Serves 4/6



### INGREDIENTS

#### Ingredients:

#### pudding:

3 ½ oz's Chopped Dates  
360ml Water  
¼ oz Bi-carb  
3 ½ oz butter  
5 ½ oz Dark Brown Sugar  
2 Whole eggs  
½ oz Baking Powder  
4 x Balls of good quality  
Vanilla ice-cream  
1 x Small Bread loaf tin

#### Sauce:

5 ½ oz Demerara Sugar  
3 ½ oz Butter  
½ pint Cream  
50g Dark Chocolate

### METHOD

Put water and dates into a pot and bring to the boil, when boiled remove from the heat and add the bicarb, leave to one side, Then Whisk together the butter and sugar, add eggs one by one whilst whisking, fold in the flour and baking powder, then add the dates and water mix, once completely mixed pour into

A small bread loaf tin, and place in a pre heated oven of 170°c for 30mins, to check it's cooked put a small knife into pudding if nothing is on the knife once removed its done! Carefully remove the cake from the tin, and then leave to one side to cool. (On a cooling rack if you have one)

**For the sauce** melt the sugar in a pan with the butter stirring all the time with a whisk, once melted add the cream, and bring to

the boil, then whisk in the chocolate.

To serve, slice the cake into equal portions and place pudding in a bowl, pour over the chocolate toffee sauce and place a ball of ice-cream on each Slice.

Enjoy!