



Troy's Favourite Sticky Date Pudding

Provided by Troy Cassar- Daley, Multi Golden Guitar winner from the Tamworth Music festival



Ingredients (serves 8)

250g pitted dates, chopped
1 teaspoon bicarbonate of soda
1 1/2 cups boiling water
125g butter, softened
1 cup brown sugar
1 teaspoon vanilla extract
2 eggs
1 3/4 cups Self-Raising Flour

Caramel sauce

1 cup brown sugar
300ml thickened cream
1/2 teaspoon vanilla extract
60g butter

Method

Preheat oven to 180°C. Grease and line the base of a 7cm deep, 22cm (base) cake pan. Place dates and bicarbonate of soda into a bowl. Pour over boiling water. Allow to stand for 20 minutes.

Using an electric mixer, beat butter, sugar and vanilla until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Using a large metal spoon, fold through date mixture and flour until well combined.

Spoon mixture into prepared cake pan. Bake for 35 to 40 minutes or until a skewer inserted into the centre comes out clean. Turn onto a plate.

Make sauce Combine all ingredients in a saucepan over medium heat. Cook, stirring often, until sauce comes to the boil. Reduce heat to medium-low. Simmer for 2 minutes. Pierce pudding all over with a skewer. Pour 1/2 cup of warm sauce over warm pudding. Stand for 10 minutes. Cut into wedges. Serve with remaining sauce.