

Sticky date puddings with caramel sauce

By Miele

1 hour

Prep time

30-35 minutes

Cooking time

12-16 Servings

Serves

INGREDIENTS

Puddings

- 1½ cups dried dates, chopped
- 1 teaspoon bicarbonate of soda
- 250mls boiling water
- 60g butter, softened
- ¾ cup brown sugar
- 2 eggs, lightly beaten
- ½ teaspoon vanilla
- 1¼ cups self-raising flour, sifted

Caramel Sauce

- 1 cup brown sugar
- 1 cup cream
- 40g butter

METHOD

1. Place dates in a bowl. Pour boiling water over dates, add bi-carb soda and set aside to cool.
2. Cream butter and sugar. Beat in eggs gradually, followed by the vanilla.
3. Stir in flour, dates and liquid.
4. Pour mixture into a large perforated steam tray lined with baking paper or alternatively a 20x25cm tin.
5. Select Combination Mode:
Fan plus 160°C + 30-35 minutes + 60% moisture.
6. **Caramel Sauce.** Combine all ingredients in a saucepan. Cook on medium low heat, stirring until sugar has dissolved, then simmer for 3 minutes or until thickened.
7. Serve puddings warm with Caramel Sauce.

Hints and tips

- Individual puddings – Spoon mixture into 12 greased ½ cup muffin tins / ramekins, or 16 1/3 cup muffin tins. Select Combination mode: Fan plus 160°C + 15-20 minutes + 60% moisture.
- Cooled puddings can be frozen in an airtight container, and reheated on the reheat programme.