

Sticky Toffee Puddings

Another one of those “pudding” discoveries made while on vacation in London! We liked it so much that I made them for our dessert on Christmas Day. They can be made ahead, or even frozen. Even the sauce can be made ahead or frozen! Just so you know, buy the Muscovado sugar; regular brown sugar doesn’t give the same depth of flavour to the puddings and the consistency and taste of the sauce is so much better! Trust me, I tried it. You can find Muscovado sugar at **Galloways**. You simply must gild the lily and serve with a scoop of vanilla ice cream!

Makes 7 or 8 Individual Puddings

For the Puddings:

85 grams softened unsalted butter + extra for greasing dishes
225 grams soft Medjool dates, pitted & coarsely chopped
100 ml dark rum
100 ml boiling water
175 grams unbleached flour
1 tsp. baking powder
1 tsp. baking soda
150 grams dark Muscovado sugar
Pinch of salt
2 large eggs

For the Sauce:

300 ml whipping cream
200 grams dark Muscovado sugar
60 grams unsalted butter
50 ml dark rum

Make the Puddings:

Preheat the oven to 360 F (yes 360 F, not 350);

Put the dates, rum & 100 ml boiling water into a small pan & bring to the boil over medium heat; turn down the heat & simmer for about 5 minutes, stirring occasionally, until the dates are very soft. Set aside to cool.

Grease 7 or 8 individual ramekins (when completely full, the ramekin holds $\frac{3}{4}$ cup). To check, fill with $\frac{3}{4}$ cup water to make sure they are the right size. The ramekins are the usual size used for crème brulee in case you don’t have any & now you will have no excuse to not make crème brulee!

Sift the flour, baking powder, baking soda & a pinch of salt into a bowl & mix together. In the bowl of a stand mixer or a large bowl (using a hand-held mixer), beat the softened butter & the sugar together for about 2 minutes, until creamy. Add the eggs, 1 at a time, mixing well after each addition.

Alternate adding in the flour mixture & the dates, a little at a time; mixing each addition well before adding the next; divide the batter evenly between the ramekins, smoothing the tops. Place on a rimmed baking sheet & bake for 15 – 18 minutes or until a skewer inserted into the centre of each pudding comes out clean; cool for 5 minutes before turning out onto a wire rack.

Make the Sauce:

While the puddings are baking, put the cream, sugar & butter into a pan & bring to the boil. Cook for 3 minutes, then stir in the rum & cook for a further minute, until the sauce is smooth & thickened. Place the puddings onto individual serving plates, poke holes all over the top with a thick skewer; drizzle with some of the sauce, letting it seep into the puddings; then pour the remaining sauce over the warm puddings & serve immediately.

Note:

You can prepare the puddings & sauce as above, poke holes in the puddings, drizzle with some of the sauce; set aside for up to 2 hours; place the puddings on a baking sheet and reheat in a 300F oven for 8 – 10 minutes, or until warmed through. Remove from the oven, carefully place the puddings on serving plates & spoon the remaining sauce over top of the puddings.

You can freeze the puddings & sauce separately for up to 3 months. Defrost completely, then reheat at 360F for 8 – 10 minutes. Place the sauce into a microwave safe bowl & microwave, medium-low heat just until hot, pour over the puddings & serve.