

# Steamed sticky date puddings

## Ingredients

250 g pitted dates, chopped  
1 tsp bicarbonate of soda  
250 ml boiling water  
80 g unsalted butter, softened  
110 g caster sugar  
2 eggs, lightly beaten  
1 tsp vanilla extract  
190 g SR flour  
½ tsp salt

## To serve

160 g brown sugar  
250 ml cream  
50 g butter  
½ tsp vanilla extract

## Method

Grease 10 (1/2 cup) non-stick muffin pans and line the bases with a small circle of baking paper. Place the dates, bicarbonate of soda and water in a bowl and let stand for 15 minutes.

In a bowl of an electric mixer place the butter and sugar and beat until pale and creamy. Add the eggs on at a time and the vanilla. Beat until smooth. Preheat oven on Steam 100°C.

Fold in the flour, salt and date mixture. Spoon the mixture evenly into prepared muffin pans. Cook puddings for 18 minutes, there is no need to cover.

While puddings are cooking, make the caramel sauce. Place all of the ingredients in a saucepan. Stir over StepFlame level 7 or Induction level 6 to dissolve sugar and melt the butter. Cook for 3-5 minutes or until thickened. Turn puddings out on to individual serving plates and drizzle over the caramel sauce. Serve with whipped cream or ice-cream.