

Sticky Toffee Pudding by Stonecross Manor



We would like to share with you a traditional recipe for 'Sticky Toffee Pudding,'
-A firm mid-week favourite for many here in Cumbria.

DID YOU KNOW?...

Francis Coulson developed and served this Sticky Toffee Pudding at his 'Sharrow Bay
Country House Hotel,' on the shore of Ullswater in 1960...

Ingredients

YOU WILL NEED:

(For the sponge)

- 200ml boiled water
- 1 tsp bicarbonate of soda
- 75g unsalted butter
- 50g dark sugar
- 1 tbsp black treacle
- 150g plain flour
- 2 tsp baking powder
- 2 eggs
- Your chosen crushed sun-dried fruits

(For the sauce)

- 150g unsalted butter, softened
- 1 tbsp black treacle
- 300g dark sugar
- 150ml/7fl oz double cream, plus more to serve

Method

1. Lightly grease your dish and pre-heat the oven to 180c
2. Mix the bicarbonate of soda, sun dried fruits and boiling water into a dish and leave for 15 minutes.
3. Mix well the butter, black treacle and sugar together. Beat 2 x eggs, add the flour and baking powder until smooth. Stir in the sun-dried fruits and pour into the batter. Mix well.
4. Pour into your prepared dish and bake for around 30 minutes.

Sauce:

1. melt the butter, dark sugar and treacle in a saucepan over a medium heat. Stir in the cream once the ingredients have completely melted. Turn up the heat slightly and blend.
2. Using a fork or cocktail stick, make little holes all over the sponge and pour over the melted sauce leaving some for serving.
3. Leave the pudding for 20 minutes then serve with the remaining sauce and your favourite ice cream / cream!