Gluten Free Sticky Toffee Pudding

Ingredients

- 425g Dried pitted dates
- 15floz Water
- 3 tsp Bicarbonate of soda
- 175g Unsalted butter or dairy free alternative
- 500g Caster sugar
- 6 Large eggs
- 500g Gluten free self-raising flour (I use doves farm)
- 3 tsp Vanilla essence.
- 2 Red Bush tea bags (or English breakfast tea bags)

Method

1. Pre-heat the oven to Gas mark 3, 160c (fan oven).
2. Boil dates in water for 10 -15 minutes with the tea bags.
3. Remove the tea bags, blend the dates & liquid.
4. Add the bicarbonate of soda to the gluten free flour, cream the butter & sugar until soft. Add the eggs & beat well, mix in the date puree & vanilla essence to the butter-sugar-egg mix.
5. Pour the wet mix in to the bowl with the flour & bicarbonate of soda, mix well, pour on to a silicone paper lined tin & cook for 35-45 minutes.
6. Serve with toffee sauce & vanilla ice-cream.

Toffee Sauce Ingredients

- 500ml Double cream
- 175g Demerara sugar
- 175g Butter
- 1 tbsp Golden syrup
- 1 tbsp Black treacle

Method

1. Caramelise the sugar.
2. Whisk in the syrup and treacle.
3. Add the butter and whisk until melted.
4. Pour in the cream.
5. Bring to the boil then turn down to simmer for 5-10 minutes.

Alternative Toffee Sauces

Dairy free Toffee sauce

- 160g Dark brown sugar
- 250ml Gluten free soya cream

Method

1. Place the sugar and soya cream into a saucepan and stir over a low heat until the sugar has melted.
2. Turn up the heat and boil for 3 minutes until thick and shiny.

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Dairy & Soya free Toffee sauce

- 150g Dark brown sugar
- 300 ml Almond milk or dairy free milk of choice
- 1 – 2 tsp Cornflour mixed to a paste with a little water
- 25g Dairy free margarine

Method

1. Place the sugar and almond milk into a saucepan and stir to the boil.
2. Stir in the cornflour until the sauce is the thickness you like.
3. Stir in the dairy free margarine.

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