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## STICKY\* TOFFEE PUDDING

On 23 January it's international Sticky\* Toffee Pudding Day. It's the perfect excuse to make this delicious dessert!

### INGREDIENTS

- 75g dates\*, chopped\*
- 100g butter, plus a little extra
- 125g brown\* sugar
- 2 eggs
- 1 teaspoon\* vanilla extract
- 140g self-raising\* flour
- 1 teaspoon baking\* powder
- 150ml double\* cream

### METHOD\*

- 1** Put the chopped dates in a saucepan\* with 75ml of water. Cook\* for 4 minutes until\* the dates have absorbed the water. Stir\* to make a purée.
- 2** Heat\* the oven to 180°C. Grease\* 4 small pudding moulds\* (150ml) with the extra butter.
- 3** Put 75g of butter and 50g of brown sugar in a big bowl\*. Beat\* well. Add\* the eggs and the vanilla essence. Fold\* in the flour and the baking powder. Add the dates. Stir.
- 4** Put 75ml of double cream into a saucepan with 75g of brown sugar and 25g of butter. Heat to dissolve\* the sugar. Turn\* up the heat until the sauce bubbles\*. Stir well. Stir\* in the rest of the double cream.
- 5** When the puddings are cooked, take\* them out of the moulds and pour\* the sauce on top.

### HELP!

**add:** ajouter  
**baking powder:** levure chimique  
**beat well:** battre pour bien mélanger

**boiling water:** eau bouillante  
**bowl:** saladier  
**brown sugar:** sucre roux  
**bubble:** frémir  
**chopped:** haché  
**cook (in the oven):** faire cuire (au four)  
**cover:** recouvrir

**date:** datte  
**dissolve:** dissoudre  
**double cream:** crème liquide entière  
**foil:** papier aluminium  
**fold in the flour:** incorporer la farine  
**grease:** beurrer  
**halfway up:** à la moitié (en hauteur)

**heat the oven:** faire chauffer le four  
**method:** préparation (étapes de la recette)  
**mixture:** préparation (l'appareil, la pâte)  
**mould:** moule  
**pour (on top):** verser (par-dessus)

**roasting tray:** plat à gratin  
**saucepan:** casserole  
**self-raising flour:** farine à levure incorporée  
**sticky toffee:** caramel fondant  
**stir:** remuer  
**stir in:** incorporer en remuant

**take out of:** retirer de  
**teaspoon:** petite cuillère  
**tray:** plat (allant au four)  
**turn up the heat:** porter à ébullition (augmenter le feu)  
**until:** jusqu'à ce que