



Sticky Toffee Pudding

By [Astbury Manor](#) Head Chef- Emilio

Ingredients:

For the cake batter:

8 ounces brown sugar

8 ounces vegetable spread

8 ounces self raising flour

3 large eggs

For the date purée:

200g pitted dates	Pinch of bicarbonate soda
1 tsp of instant coffee	200ml boiling water
1 tsp of cocoa powder	100ml golden syrup
Pinch of cinnamon	
Vanilla essence	
Zest of 1 orange	

Method:

1. For the purée, add all the ingredients into a mixing jug and soak for at least 2 hours. Then purée with a stick blender.
2. For the cake batter, cream together the vegetable spread, and sugar until light and fluffy.
3. Fold in the eggs followed by the flour until a smooth cake batter is formed.
4. Fold the date purée into the batter until it is fully incorporated and smooth.
5. Line a medium size cake tin with parchment paper followed by the golden syrup.
6. Pour on the cake batter and ensure it is evenly distributed in the cake tin.
7. Bake in a bain-marie in the oven at 180°C for 15-20 minutes and then cover tightly in foil and bake for a further 20-30minutes.