

Make way for icky-sticky pudding a very popular indulgence from Perth Western Australia

Serves 10-12

ICKY-STICKY PUDDING WITH HOT TOFFEE SAUCE

You'll need:

340g chopped dates
2 tsp bicarbonate of soda
500ml water
120g diced butter

340g brown sugar
4 lightly beaten eggs
400g self raising flour
1 tsp vanilla essence

Here's how: This quantity makes 12 portions, you could halve the amount, but you'd be sorry, why not have icky-sticky for two or three meals.

Chop dates and mix with bicarb soda and water in a saucepan and boil until dark and soft. While still warm add diced butter and brown sugar and stir well until dissolved and melted. Cool. Add lightly beaten eggs then sifted flour and vanilla and beat well.

Grease and flour a 24cm cake tin and add the pudding mixture. Bake for about an hour in a moderately slow oven, 140C. Serve warm with hot toffee sauce. You can microwave the slices or whole pudding to reheat. Don't overheat or it will dry out.

HOT TOFFEE SAUCE

You'll need:

200ml whipping cream
250g unsalted butter

400g brown sugar
dash vanilla essence

Here's how: Dissolve butter and sugar in a small pan. Add cream and vanilla and gently bring to the simmer.

Enjoy

Eleanor Bell