

Sticky Toffee Pudding

Earth Day Dinner | April 2007



You can use plump Medjool dates, but any dried dates will work. You can cool the cakes, cover, and store them for up to 3 days (chill sauce separately). Then you can add sauce and heat only as many cakes at a time as you plan to serve.

- NONSTICK COOKING SPRAY**
- 12 PITTED DRIED DATES, CHOPPED**
- 1 TBSP. BREWED ESPRESSO OR STRONG BREWED COFFEE**
- 1/2 TSP. BAKING SODA**
- 1/4 TSP. VANILLA**
- 3/4 CUP BOILING WATER**
- 5 TBSP. BUTTER, SOFTENED**
- 2/3 CUP GRANULATED SUGAR**
- 2 EGGS**
- 3/4 CUP SELF-RISING FLOUR**
- 1 CUP BUTTER (2 STICKS)**
- 1 1/2 CUPS PACKED BROWN SUGAR**
- 3/4 CUP WHIPPING CREAM**
- 1/3 CUP CHOPPED PECANS, TOASTED**
- VANILLA ICE CREAM (OPTIONAL)**

Lightly coat ten 2 1/2-inch muffin cups with cooking spray; set aside. Place dates in a food processor with espresso, baking soda, and vanilla. Cover and pulse for a few seconds until slightly blended, then slowly add boiling water, pulsing until nearly smooth. Transfer to a small bowl. Wipe out food processor bowl.

In food processor, process 5 tablespoons butter with granulated sugar for 5 minutes, stopping to scrape down sides occasionally. Add eggs, 1 at a time, processing until combined after each. Transfer mixture to a medium bowl and fold in flour, a little at a time, until combined. Fold date mixture into butter-flour mixture. Pour into prepared muffin cups, filling each about two-thirds full. Bake in a 350° oven for 15 minutes or until tops are lightly browned and spring back when touched. Let cool 5 minutes in muffin cups. Remove cakes from cups and arrange in foil-lined pan.

To make caramel sauce, melt 1 cup butter in a small saucepan over medium heat. Stir in brown sugar. Bring to boiling, stirring to dissolve sugar. Boil gently, uncovered, for 5 minutes, stirring occasionally. Remove from heat; stir in cream and pecans.

Spoon about 1 tablespoon sauce over each cake in pan. Bake for 8 to 10 minutes more or until sauce is bubbly. Remove to serving dishes. Spoon additional warm sauce atop each and serve with ice cream, if desired. Makes 10 servings.

Per serving: 554 cal., 35 g fat (20 g sat. fat), 131 mg chol., 388 mg sodium, 61 g carbo., 1 g fiber, 3 g pro.