

# STICKY TOFFEE PUDDING

SERVES 10+

PREP TIME:  
25 MINUTES, PLUS  
STANDING TIME

COOK TIME:  
60 MINUTES

## PUDDING

10 dates, pits removed  
1 teaspoon bicarbonate  
of soda  
½ cup (100 g) softened lard  
3 tablespoons (24 g)  
coconut sugar  
2 large eggs  
1 cup (110 g) tigernut flour  
¼ cup (35 g) coconut flour  
¼ cup (33 g) arrowroot  
starch  
Pinch sea salt

## SAUCE (MAKES 1 CUP)

1 can [2 cups (250 ml)]  
coconut milk  
3 tablespoons (24 g)  
coconut sugar  
1 tablespoon (15 ml)  
blackstrap molasses  
2 tablespoons (30 ml)  
coconut oil  
Pinch sea salt

For a very special, every-so-often treat, look no further than my take on one of Britain's finest. My husband—who always appreciates a good cake—tells me this recipe alone is worth the cost of this book! Be warned though, a little goes a long way. If you haven't reintroduced eggs, use two gelatin eggs instead (page 11). I serve this with vanilla ice cream—just follow the recipe for Rum 'n Raisin Stracciatella Ice Cream (page 114), omitting the rum, raisins and cacao.

Place a baking sheet in the oven on the middle shelf and preheat to 350°F (175°C, or gas mark 4). Line a 7-inch (18 cm) square tin with parchment paper.

To make the pudding, put the pitted dates in a medium pan and pour over ½ pint (290 ml) of water. Bring to a boil, remove from the heat, and stir in the bicarbonate of soda. Set aside for 30 minutes.

Put the lard in your mixer bowl and add the coconut sugar. Mix until pale and creamy.

Break the eggs in a small bowl and mix briefly with a fork or small whisk. Add to the mixing bowl in stages, with the motor running.

Sift in the flours, arrowroot, salt, and combine. If you are using gelatin eggs, make and add them here (see page 11 in Kitchen Basics). Tip in the dates, together with all the liquid, and give it all a thorough mix.

Put the mixture in the lined tin and place in the oven, on top of the baking sheet. Bake for 40 minutes until firm to the touch and coming away from the sides of the parchment.

Meanwhile, make the sauce. Put the coconut milk, sugar, molasses, oil, and salt in a medium pan. Bring to a simmer and cook, stirring occasionally, for 30 to 35 minutes until it coats the back of a spoon. It will firm up as it cools.

Pour 2 to 3 tablespoons (30 to 45 ml) of sauce over the cake and pop it back in the oven for 3 to 4 minutes to allow the sauce to seep in. Pour the remaining sauce into a jug to pass at the table.

This sauce is also amazing as a topping for homemade ice cream or yogurt.