



Date Pudding with Salted Caramel Sauce

Ingredients

- 310ml (1 ¼ cups) Boiling water
- 200g Dates, chopped
- 60g Butter
- 3.7ml (¾ tsp) Baking soda (be careful not to use more than this or it will leave a taste)
- 180ml (¾ cup) Brown sugar
- 60ml (¼ cup) Golden syrup
- 2 Eggs (room temperature)
- 5ml Vanilla extract
- 330ml (1 1/3 cups) Plain flour
- 5ml Baking powder
- 5ml Ground ginger
- [Wild Appetite Salted Caramel Sauce](#)



Method

Heat oven to 180 °C and grease either 6 large muffin tins or a 24 cm square baking dish.

Pour the boiling water over the dates and butter and stir to melt butter. Mix in baking soda and leave to cool completely.

Stir in brown sugar and golden syrup until evenly combined.

Add eggs and vanilla and stir well.

Gently fold in flour, baking powder and ginger (it will be a very wet mixture – don't over mix).

Pour into prepared tins and bake about 30 minutes.

Turn out and serve with [Wild Appetite Salted Caramel Sauce](#) (warmed)