





## Sticky toffee pudding with caramelised bananas and butterscotch sauce

Now for an English classic, one that comes into its own as winter draws in.

Place the chopped figs, dates and prunes in a pan with baking powder and boiling hot water and soak for 10 minutes. Allow to cool.

In a separate pan whisk together butter and sugar until they are creamy and pale in colour. The eggs should be added slowly, one at a time. Add the flour through a sieve. Once the mixture is smooth incorporate it into the soaked fruit and water mix. You now have a batter mix.

Butter small moulds, dust with flour, and pour in the batter mix. These are cooked in a bain marie using the same method as for crème brûlée (recipe 16). Cooking time is about 20 minutes at 150C (Mark 2). Test if the puddings are done by sliding in a knife. If it comes out cleanly the pudding is done.

The bananas are cut lengthways and cooked briefly in a sugar and butter mix. Once they are caramelised, allow to cool. The same goes for the pecan nuts.

For the butterscotch sauce, mix sugar and water and heat until you start to get a golden caramel. Add knobs of butter. Stir. Add a shot of whisky.

Finally add double cream and allow to cook for five minutes, stirring to ensure the sauce is smooth.

Recommended wine: Pinotage, Martin Meinert, 2003, South Africa

### Ingredients

Serves four

#### Butterscotch sauce

Caster sugar - 150g

Water - 4 tbsp

Double cream - 150ml

Unsalted butter - 2 tbsp

Whisky - 25ml

#### Caramel

Caster sugar - 150g

Unsalted butter - 50g

Banana (cut lengthways) - 2

Pecan nuts - 16

#### Pudding

Dried figs - 50g

Dried prunes (pitted) - 50g

Dried dates (pitted) - 125g

Boiling hot water - 300ml

Unsalted butter - 110g

Caster sugar - 170g

Eggs - 3

Self raising flour - 225g

Baking powder - 1 tsp