



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Sticky Date Pudding with Butterscotch Sauce & Almond Praline

Ingredients

180g dates, pitted and roughly chopped
1 1/4 cups (310ml) water
1/2 tsp bicarbonate of soda
3/4 cup (165g) firmly packed brown sugar
60g butter, softened chopped
2 eggs
1 cup (150g) self-raising flour
Almond praline
1/2 cup (110g) caster sugar
1/4 cup (35g) slivered almonds
Butterscotch sauce
50g butter
1 cup (220g) brown sugar
1 cup (250ml) cream
1 tsp vanilla extract



Method  officially tested

Makes 8

1. Preheat oven to 180°C (160°C fan-forced). Lightly grease eight (1/2 cup capacity) metal dariole moulds.
2. Place dates and water in a saucepan and bring to the boil over a high heat. Remove from the heat. Add bicarbonate of soda, stir until dates start to break down, set aside to cool, stirring occasionally.
3. Beat butter and sugar in a bowl using a hand beater, gradually add eggs one at a time, beat until light and fluffy.
4. Add date mixture, stir to combine. Carefully fold through sifted flour, divide mixture evenly between the eight moulds, until 2/3 full.
5. Place moulds in a baking tray, carefully pour water in tray until it comes up 1/3 of the side of the moulds. Bake in oven for 40 minutes or until golden and skewer comes out clean.
6. Meanwhile, for the almond praline, combine sugar and 2 tablespoons water in a saucepan over medium heat and cook caramel without stirring, swirling pan, until deep golden. Scatter almonds onto a baking paper-lined oven tray, pour over caramel and cool until set. Break praline into pieces.
7. For the butterscotch sauce, combine butter, sugar, cream and vanilla in small saucepan over low heat until butter melts and sugar dissolves. Bring sauce to the boil, reduce heat and cook for 5-6 minutes or until sauce thickens slightly.
8. To serve, invert the hot pudding onto a serving plate, top with butterscotch sauce and shards of praline.