

Orange Glazed Sticky Sponge Pudding



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4-6 portions

INGREDIENTS

230g Chopped Dates
180ml Cold Water
1 tsp Bicarbonate of Soda
60g Apples
170g Self-Raising Flour
45g Butter or Margarine
2 Large or 3 Medium Eggs
30g Marmalade

METHOD

Pre-heat the oven to 170°C and line a baking tin with baking paper.

Boil the dates in the water for about 5 minutes until soft and the water has evaporated, then add the bicarbonate of soda to the hot dates and stir in gently.

Set aside to cool slightly.

Grate the apples.

Place the flour, butter and eggs into a bowl and beat well until creamy.

Then, add the cooled dates and grated apples into this bowl and mix again until combined.

Pour the mixture into a baking tin and cook in the oven for 25 minutes at 170°C.

Place the marmalade into a small pan with a tablespoon of water and gently warm.

Whilst the sponge is still hot brush/spread the marmalade syrup over the top and allow to cool.