

# ICKY STICKY TANGY PUDDING



**SERVES 6**    15 minutes preparation time    50 minutes cooking time

## INGREDIENTS

 175g Fairtrade dried pitted organic dates, chopped	 175ml water
 1tbsp bicarbonate of soda	 60g butter
 2tbsp Fairtrade Seville orange marmalade	 150g Fairtrade Demerara sugar or Fairtrade soft brown sugar
 2 large eggs, beaten	 200g self raising flour, sifted

For the sauce, you also need:  
100ml double cream, 135g butter,  
200g Fairtrade Demerara sugar

## METHOD

### Top tip

You could try adding 1tsp of strong FAIRTRADE coffee to the marmalade if you like. Or you could serve with FAIRTRADE vanilla ice cream or double cream.

### SWEET SMILE

FAIRTRADE sugar farmers in Paraguay have invested in a doctor and two dentists for their community, thanks to the little extra they receive from FAIRTRADE.



**1**



Preheat the oven to 150°C / 300°F / Gas Mark 2. Grease and flour a 20cm (8in) round cake tin.

**2**



Place the dates in a pan with the water and the bicarbonate of soda and bring it to the boil for 2-3 minutes until the dates soften.

**3**

Remove from the heat. Add the butter and stir until it melts.

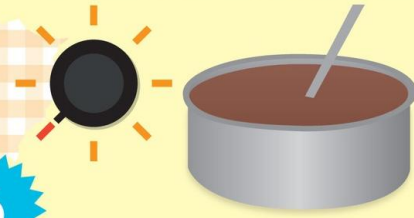
Mix in the marmalade, making sure it melts. Add the sugar and stir in the beaten eggs. Fold the flour in carefully. The mixture should look like a thick batter.

**4**



**5**

Pour the mixture into the prepared cake tin and place in the oven. Check after 50 minutes to see if a skewer inserted in the middle of the cake comes out clean. If not, bake for up to another 10 minutes and test again.



**6**

Make the sauce by placing the cream, sugar and butter in a saucepan. Gently heat the mixture, stirring all the time to dissolve the sugar. Bring to the boil and turn off the heat.



**7**

Cool the sauce slightly before serving over generous portions of the sponge.



### DID YOU KNOW?

**Fairtrade** date farmers in Tunisia pollinate their dates by hand, using a cloth covered in pollen.

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