

Catherine's Sticky Banana Date Pudding with Rum Caramel Sauce

Tastes Like Home with Catherine Fulvio

Serves 8

Ingredients

For the puddings

160g dates, without stones, chopped
120ml hot water
1 tsp bicarbonate of soda
60g softened butter
175g light brown sugar
2 eggs, beaten
175g plain flour
1 tsp baking powder
3 tbsp ground almonds
½ tsp ground cinnamon
A good pinch of grated nutmeg
2 ripe medium sized bananas, peeled and
mashed with a fork
3 tbsp raisins, soaked in 2 tbsp rum
100ml milk approx. (optional)

For the Sauce

100g butter
140g soft light brown sugar
4 tbsp rum

For the cream

80g mascarpone
100ml cream
3 tbsp icing sugar
½ lemon, juice
Toasted flaked almonds, to serve
Lemon zest, to garnish

Method

For the Puddings

Brush inside the pudding moulds with melted butter and dust lightly with flour. Place the dates into a saucepan, cover with the hot water, add the bicarbonate of soda and stir. Cook over a low to medium heat until they soften and break down –

you need to stir them often and it will take about 8 minutes. It should be a smooth thin paste. Leave on one side to cool. Preheat the oven to 180°C/Fan 160°C/gas 4. Place the pudding moulds on a baking tray. Cream the butter and sugar until light and fluffy and gradually add the eggs. Fold in the flour, baking powder, ground almonds, cinnamon and nutmeg, mashed bananas, and the raisins and rum into the egg mixture. Add milk to loosen and form a soft batter. Bake for about 20 to 22 minutes, until firm to the touch. Insert a skewer to check that the puddings are baked. The skewer should come out dry.

To prepare the sauce

Add the butter, sugar and rum into a saucepan and heat over a medium heat, stirring most of the time until a thick sauce forms. This will take about 5 to 7 minutes. Set aside, ready to serve with the puddings.

For the cream,

whisk all the ingredients together

To serve

slide a sharp knife around the sides of each pudding and place the warm puddings on individual plates, warm the caramel slightly and spoon over the puddings, sprinkle over the toasted almonds and spoon over some of the cream.

Decorate with lemon zest on top.