

Sticky Toffee Kamut Pudding - My Favorite British Dessert

1/2 cup butter
2 cups sugar
3 cups Kamut flour
2 cups dates, chopped
4 eggs
2 tsp. baking soda
2 tsp. vanilla extract (Mexican Vanilla gives a better flavour)



Boil dates in 1 cup water and add baking soda until mushy. Watch carefully in case it boils over. Cream sugar and butter in the Bosch mixer equipped with the batter/cookie whips. Beat in eggs with a little of the flour. Fold in the remaining flour by jogging the machine and add vanilla and date mixture. This is a very sloppy mixture. Put into a large 11x 17" rectangular greased baking pan and bake about 35 min. at 350 degree F. oven. When slightly cool, cut into portions.

Sauce : Heat without boiling, 1 cup brown sugar, 3/4 cup whipping cream and 1/2 cup of butter and pour onto while warm. This is really really good.

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