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PUDDING

SYRUP, GINGER, DATE & WALNUT PUDDING/CAKE

INGREDIENTS

- 1 lb of golden syrup
- ¼ lb of stork margarine
- ½ lb doves self raising flour
- ½ teaspoon bicarbonate of soda
- 1 teaspoon of ground ginger
- 1 cup of semi skimmed milk
- 1 egg beaten
- ½ teaspoon of salt
- 100 grams of chopped dates
- 50 grams of chopped walnuts.

1 Mix the dates and walnuts and toss in gluten free flour

2 Add the bicarb to the cup of milk and stir in well

3 Turn on oven and set to 180 C. The oven needs to be at temperature before mixing.

4 Mix the flour, salt and ginger together in a mixing bowl.

5 Place the syrup and margarine in a saucepan and bring to the boil, add the milk/bicarb and egg to the pan and stir well.

6 Slowly stir the syrup mixture into the flour. Whisk this well to get rid of any lumps. Then add the dates and walnuts and stir in.

7 Add the contents to an 8 inch lined cake tin and place straight in the preheated oven for 45 minutes. Check by sticking in a clean knife as you would for a cake. If clean when removed the pudding is ready.

You can pour the mixture into smaller baking dishes to make individual puddings and cook for 25 minutes. By using the cake tin it gives you pudding or cake that can be sliced. To serve warm a slice and add clotted cream or ice cream or just simply eat it as a slice of cake.

