

Super Sour

Sticky ginger pudding w/ sour apple centre,
blackberries & salted Calvados sauce



Our twist on a classic recipe with a hidden sour apple centre, perfect for those cold November nights in.

LIFE WITHOUT FOODIE LIMITS WITH...

SENSODYNE

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Ingredients (serves 6)

For the pudding:

- Use the six pudding foil tins provided
- 170g chopped dates
- 150ml boiling water
- ½ teaspoon vanilla essence
- 2 teaspoons instant coffee
- 2 teaspoons of ground ginger
- ¾ teaspoon bicarbonate of soda
- 85g butter, softened
- 140g caster sugar
- 2 beaten eggs
- 170g self raising flour

Good to know...

730 kcal per serving

This recipe contains **Gluten, Milk (Lactose) & Eggs**

For the sour apple centre:

- 300g Bramley apples, peeled, cored & cubed
- 50g caster sugar
- A little water

For the Calvados salted caramel sauce:

- 170g soft brown sugar
- 110g butter
- 6 tablespoons double cream
- A pinch of sea salt
- 30ml Calvados

To garnish:

- A scoop of your favourite ice cream from the freezer. We used clotted cream ice cream.
- Fresh blackberries

Method

First make the sticky ginger puddings: Preheat the oven to 170C and lightly grease your pudding foils with butter. Put the dates in a bowl and add the boiling water, vanilla, coffee and bicarbonate of soda. Allow to stand for 10 minutes or so to soften the dates and cool down. Cream the butter and sugar together with a hand held electric or stand whisk until light and fluffy, then add the beaten eggs and fold in flour. Now add the date mixture to make a very runny batter, then pour into the 6 foils and place them on a baking tray in the oven for around 25 minutes, until a skewer comes out clean. Cool for a couple of minutes then turn out onto shallow tray. Once totally cool, carefully cut out the core of the puddings with a small knife, where your sour apple mixture will go.

Now make the sauce: Combine all the ingredients, except the Calvados, in a pan and heat until the sugar is dissolved. Put to one side until ready to use.

For the sour apple centre: Put the apple pieces in a saucepan with the sugar and a few tablespoons of water, then allow to stew over a low to medium heat until broken down and soft. Mash the apples further until the mix is fairly smooth.

To plate up your puddings: Place a warmed pudding on the plates then fill the centre cavity with sour apple purée. Top with a scoop of your favourite ice cream and some blackberries. Reheat the salted caramel sauce, adding the Calvados at the last minute and allow your guests to pour it on at the table!

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