

Estimadas Familias,



13 May 24

¡Hola! In culture class we have been studying about England. Your child has learned about the flag, the location, the capital, some of the foods, the queen, the palace guards, famous monuments, etc. We have discussed foods in England, such as, fish and chips, roast beef, yorkshire pudding, shepherds pie and tea. They have low tea (mornings) and high tea (afternoons/evenings). **Next week, 20-23 May**, we will be sampling Sticky Toffee Pudding. Because we don't have an oven, I will bring in the pudding and we will make the toffee sauce in class.

Recipe for Sticky Toffee Pudding

Ingredients

Toffee Sauce:

1 1/4 cups (480 ml) heavy cream

1 cup (99 g) dark brown sugar

1/2 C butter

Pinch salt

Pudding:

9 ounces pitted dates, *chopped*

1 cup boiling water

1 teaspoon baking soda

1 1/4 cups all-purpose flour

1 1/4 teaspoon baking powder

1/2 teaspoon fine sea salt

6 tablespoons unsalted butter



1/4 cup demerara sugar or dark brown sugar

2 eggs, *at room temperature*

1 teaspoon vanilla extract

Instructions

Preheat oven to 350°F. Grease pudding molds (between 5-7) with butter or grease and line a 8X8" square cake pan with overhang.

Mashed dates: Place dates in a bowl, sprinkle with baking soda and pour boiling water over them. Stand for 10 minutes, then mash well with a potato masher (or fork) until it resembles sloppy porridge.

Batter: Place butter and sugar in a bowl. Beat until combined and smooth.

Add eggs, beat until incorporated. Add flour then sprinkle baking powder across the surface. Mix until flour is incorporated. Add dates, mix quickly until dates are well incorporated into the batter. Follow directions to make one pudding or individual ones.

One pudding: Pour into cake pan, smooth surface. Bake for 35 minutes or until a skewer inserted into the center comes out clean. While still hot, poke about 40 holes all over the surface using a skewer. Pour over 1/2 cup toffee sauce, leave to soak for 10 minutes. Use overhang to lift the cake out. Cut, serve warm with remaining warm sauce and even ice cream (optional).

Bake individual puddings: Pour batter into pudding molds, only fill 2/3 of the way up. Bake for 25 minutes, or until a skewer inserted into the center comes out clean. While still hot, poke about 10 holes on the surface of the pudding. Spoon over 1 tbsp of Butterscotch Sauce per Pudding. Leave to soak for 10 minutes. Turn pudding molds upside down on a serving plate. Serve warm with remaining warm sauce and ice cream if desired.

Toffee Sauce: Place ingredients in a saucepan over medium heat. Once butter is melted, stir, then bring to a simmer. Simmer for 2 minutes, stirring once, then remove from heat. Serve warm.

If you would like to join us for this special treat, please email me. I am aware of students that have allergies, but if you should have any other concerns, please email me at: whillary@fhps.net You are also welcome to visit my website to view past or current recipes along with some fun websites. www.avcultura.weebly.com
Gracias.

Sinceramente,

Sra. Hillary