



Cape Brandy Pudding

Servings: 6

Prep Time: 30min

Cook Time: 1hr

Ingredients

- 250g dates, roughly chopped
- 250 ml water
- 5ml bicarbonate of soda
- 100g butter, softened
- 200ml caster sugar
- 1 egg
- 250ml plain flour
- 5ml baking powder
- 100g pecan nuts, chopped

FOR THE SYRUP:

- 250ml sugar
- 120ml water
- 120ml brandy
- 5ml vanilla essence
- 30ml butter
- ½ tsp ground cinnamon

Directions

1. Preheat the oven to 180C and grease an oven-proof dish.
2. Combine the dates with the water in a small pot and bring to the boil. Remove from the heat and add the bicarbonate of soda.
3. Cream together the butter, sugar and egg. Sift the flour and baking powder and add to the creamed mix together with the cooled dates and mix well.
4. Mix in the nuts and pour into the greased dish. Bake for about an hour or until a skewer comes out clean
5. For the syrup, boil the sugar, water, butter and vanilla essence together until the desired syrupy consistency is reached - anything from 2 to 10 minutes. Add the brandy and cinnamon and mix well.
6. Serve the pudding with the syrup poured over it and top with some whipped cream (or custard if preferred).

