



HEALTHY SALTY SWEET TREAT!

Karma Salford Hall Head Chef James Woodhams returns with an indulgent dessert that's also full of goodness, blending antioxidant rich dates, black tea and walnuts with a rich caramel sauce tinged with sea salt...a guilt free treat for the New Year!

Date pudding, walnut brittle & salt caramel sauce

Ingredients

Walnut Brittle

50g walnuts
125g caster sugar
Caramel Sauce
50g butter
sea salt
250g caster sugar
142ml double cream
4 tbsp water

Ingredients

Date Pudding

200g dried dates (stoned and chopped)
250ml black tea (not too strong)
½2 tsp bicarbonate soda
85g unsalted butter (softened)
175g self-raising flour
1 tsp mixed spice
175g golden caster sugar
2 eggs
6 (10cm × 6cm) ramekins or dariole moulds



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How to prepare

For The Pudding

Preheat the oven to 180°C. Butter and flour six ramekins or dariole moulds. Mix the butter and sugar together, then slowly add two beaten eggs. Fold in the sieved flour and set aside.

Meanwhile, mix the bicarbonate of soda and tea and pour this over the dates. Mix well, allow to cool for ten minutes and then pour into the creamed pudding mixture. Bring together to create a runny batter. Pour into the prepared moulds and bake for 40 minutes or until springy to touch.

For The Caramel Sauce

Tip the sugar into a heavy bottomed frying pan, stir in four tablespoons of water, then place over a medium heat until the sugar has dissolved. Turn up the heat and bubble for four to five minutes until you have caramel. Remove from heat, then carefully stir in the cream and butter. Leave the sauce to cool.

How to prepare

For The Walnut Brittle

Scatter the nuts onto a baking sheet and place into a preheated oven at 180°C. Leave for six to ten minutes, until golden but not burned. Let them cool a little then, while still warm, rub off the skins.

Tip the sugar into a heavy bottomed, wide pan. Add a splash of water and gently warm over a low heat until the sugar has dissolved. Do not stir. Continue heating until the sugar achieves a light brown colour. Do not burn. Add the nuts.

Quickly pour the mixture onto a heat proof mat and allow to cool until it is semi-hard. Then, use a circular cutter - the size will depend on the thickness of your brittle - and cut through. Allow to cool completely, then lift discs of brittle from heat proof mat.