



# A JOCK'S GUIDE

## Episode 13: Warm Sticky Figgy Pudding

**Source:** [www.thefoodnetwork.com](http://www.thefoodnetwork.com)

**Recipe courtesy:** Jade Thompson

### Ingredients:

1 ½ cup chopped dried pitted dates	½ cup dried chopped figs
2 cups water	1 tsp baking soda
100 grams/3oz/7 tbsp butter	1 cup superfine sugar
2 eggs	2 ½ cup self-rising flour
75 grams/2 ½ oz dark chocolate, grated	

### SAUCE:

2 cups brown sugar  
200 grams/7 oz/14 tbsp butter  
2 cups heavy cream

**Jock Hint:** *OPTIONAL additions – quartered figs for garnish, vanilla ice cream or whipped cream for topping!*

### Directions:

Preheat oven to 350°.

Add dates, dried figs and water to a medium saucepan and bring to a boil over medium heat.

Remove pan from heat and add baking soda. Let cool for 5 min. and then puree in a blender.

Using a hand mixer\*, cream the butter and sugar in a separate large bowl. Add eggs and beat well. Fold in flour, the pureed date mixture and the chocolate.

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### GAME DAY STRATEGIES

\* I left the whipping cream and ice cream toppings off because the dessert was so decadent on its own

\* I used a wooden spoon to cream the butter and sugar because a hand mixer made it crumbly

\* The pudding is done if it has a spongy feel to it. If it looks wet, or is squishy to touch, it's not done yet!



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Put the mixture into 4 buttered, 1-cup ramekins, filling halfway or slightly under. Bake for 20 – 25 minutes. (Larger ramekins will work – you'll just have to cook them a little longer)

Prepare sauce by stirring the sugar, cream and butter in a saucepan over low heat. Simmer until the sugar dissolves then raise the heat and bring to a boil. Once it has boiled, reduce the heat and simmer for 5 more minutes.

Remove the ramekins from the oven and let sit for 10 minutes.

With a knife, cut a cross in the top of the pudding for the sauce to be poured into.

Pour the sauce into the cross in the center of each pudding, then pour more sauce over the puddings and allow it to soak in slightly.

Top with fresh figs and whipping cream, or ice cream\*.

Serve warm.



*Photo Source: [www.foodnetwork.com/Jade Thompson](http://www.foodnetwork.com/Jade%20Thompson)*

***Remember if you make it, take a pic and send it in!  
It'll be featured on the website!***