



## Self-Saucing Butterscotch Pudding with Salted Caramel Pear Fingers

Serves 4

### TASTE OF CATER CARE FACT

The self-saucing pudding and how it works continues to be a mystery to many of us.

How does a recipe that starts with cake batter at the bottom and sauce on the top flip itself over to become crisp on top and saucy at the bottom?

As much as we wish there was a little bit of magic happening here, there is an answer, hard working chemistry!

Self-raising flour is the key and assists the pudding's batter to rise during the baking process. As it rises, the heavier sauce slides through the batter to the bottom of the pudding, and there you have your self-saucing pudding.

### INGREDIENTS

- 135gm Self-Raising Flour
- 45gm Brown Sugar
- 95gm Unsalted Butter - melt.
- 1 Egg - crack and beat.
- 125ml Full Cream Milk
- 60gm Golden Syrup
- 95gm Brown Sugar
- 15gm Cornflour
- 375ml Boiling Water
- 60gm Golden Syrup
- 10gm Unsalted Butter
- 2 Beurre Bosc Pears - halve, quarter, remove core and stem, then cut lengthways into 1cm thick fingers.
- 120gm Brown Sugar
- 80gm Unsalted butter
- To Taste - Sea Salt

### METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. In a mixing bowl add the self-raising flour and first quantity of brown sugar, then mix until combined.
3. Add to the flour and brown sugar mixture the first quantity of butter, egg, milk and the first quantity of golden syrup, then mix until well combined.
4. Evenly pour the batter into a baking dish to a depth of 1cm, smoothing its surface with a spatula.
5. In a second mixing bowl, add the second quantity of brown sugar and the cornflour, then mix until combined.



6. Add to the brown sugar and cornflour mixture the boiling water and second quantity of golden syrup, and mix again to combine. Once combined, evenly pour the mixture over the batter in the baking dish.
7. Place the baking dish into the oven and bake for 25 minutes or until the pudding has just set and the top of the pudding is firm to touch, then carefully remove it from the oven.
8. Whilst the pudding is cooking, over a moderate heat in a saute pan, heat the second quantity of butter until it has melted and is just starting to bubble. Add the pear fingers and saute on all sides until they are lightly browned. Take the saute pan off the heat, remove the pear fingers from the butter, and set them to one side.
9. In a second saute pan over a moderate heat, add the third quantity of brown sugar and the third quantity of butter. Stirring regularly, bring them up to a gentle simmer, and cook until the sugar and butter have melted and the ingredients are thoroughly combined, and the butterscotch sauce has slightly thickened and lightly coats the back of a spoon. Reduce the heat, and season with sea salt.
10. Add the pear fingers to the butterscotch sauce and gently cook until they are just tender, then remove them from the sauce and set to one side and keep warm. Remove the butterscotch sauce from the heat, set to one side and also keep warm.

## TO SERVE

Just prior to serving, top the pudding evenly with the caramelised pear fingers and then lightly drizzle the butterscotch sauce over the pear fingers, and optionally serve with double cream.

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