

As good as it gets pressured cooked Toffee apricot pudding

With chocolate caramel sauce, if you must!!!

Recipe by chef Dale Sniffen

Preparation time; 20 minutes
Full pressure 30 to 40 minutes
Pressure release Cold-water method
Utensil list; pudding tin lined with Glad Bake paper

Prep list

150gm chopped dried apricots or any dried fruit you want
1-teaspoon bicarbonate soda
300ml boiling water
70 gm butter
250gm honey
2 eggs
Zest of 1 lemon
1-teaspoon vanilla essence
1 ¼ cup self rising flour

1. Mix chopped apricots and bicarbonate soda with boiling; soak until fruit is soft. Set aside until cool
2. Cream butter and honey, and then add 1 egg at one time beating well after each egg. Add lemon and vanilla for flavor
3. Fold in apricot mixture to the butter and honey
4. Gently fold in flour. Pour in prepared tin and lock up pressure cooker
5. Your cooking time starts once at full pressure.

Sauce

½ cup brown sugar
1-cup cream
100gm butter
100gm dark chocolate pieces

Gently melt, over low heat sugar, cream and butter to sauce consistency. Remove saucepan then stir in chocolate pieces if you must. Serve with apricot pudding.