

## EPISODE 7: RECIPE

### CLASSIC KAAPSE BRANDY PUDDING

Pour the water over the chopped dates in a saucepan.

Bring to a boil.

Remove from heat and mix bicarbonate of soda into the mixture.

Mix well and leave to cool.

Cream the butter and sugar, beat eggs in one at a time to make a smooth mixture.

Sift flour, baking powder, salt, cinnamon, ginger and nutmeg over the creamed mixture and fold in.

Mix the nuts, dates and orange zest.

Ladle into a 3 liter baking dish with a base that measures approximately 280mm x 280mm.

#### SYRUP

Bake at 160 degrees for 40 minutes or until pudding springs back.

Prepare the syrup while the pudding is baking.

Heat the butter, sugar and water and stir until the sugar dissolves.

Increase heat and boil for 1 minute.

Remove the mixture from the stove, add the cinnamon stick and stir in the brandy, vanilla and salt.

Leave to infuse while the pudding is baking.

When the pudding is baked, remove the cinnamon sticks from the syrup and pour over the pudding.

Served with Pick n Pay ready-made custard.

### INGREDIENTS

160g fresh dates, stoned and chopped

125ml boiling water

2ml bicarbonate of soda

200g PnP Butter

125ml treacle sugar

2 large eggs, beaten

1 cup flour

2ml baking powder

1ml PnP Salt

1 tsp ground cinnamon

1 tsp PnP Ground Ginger

1 tsp ground nutmeg

½ cups chopped walnuts, or pecan nuts

zest of 1 orange

#### SYRUP

1 cup treacle sugar

2 tsp PnP Butter

90ml water

1 cinnamon stick

1 vanilla pod

1 pinch PnP Salt

100ml brandy