

# Sticky banana and caramel pudding



A sweet and decadent dessert.

## Ingredients

50g butter

125ml milk

180ml sugar

2 large eggs

1 1/2cup self-raising flour – sifted

pinch of salt

2 bananas – sliced

sticky caramel sauce:

200ml sugar

250ml cream

50g butter

5ml caramel essence

## Method

Preheat the oven to 180°C and melt the butter in the milk in a small saucepan.

Cream the sugar and eggs until thick.

Whisk the warm milk mixture into the sugar and egg mixture together.

Fold the milk and egg mixture simultaneously with the flour and salt until well combined.

Pour the batter into a medium greased pie plate or Pyrex dish. Place the bananas on top of the batter and push them in slightly.

Bake for 20 minutes at 180°C then reduce heat to 160°C and bake for a further 20 minutes or until tart is golden brown on top. Spice things up with 1 tsp ground cinnamon if you like.

To make the caramel sauce: Melt sugar and cream together, bring to the boil, then gently simmer uncovered until golden in colour (not brown) – will take +- 15 minutes. Stir occasionally and keep a watchful eye on the pot. Add caramel essence.

Pour sauce over warm pudding and prick with a fork whilst doing so to absorb the sauce. You can use apple top if you like !!