

## OLD JOE'S KAIA GUEST HOUSE

**Physical address:** N4 Schoemanskloof Valley  
Mpumalanga, South Africa  
**Tel:** +27 (0)13 733 3045/6  
**Fax:** +27 (0)86 518 1778  
**Website:** [www.oldjoes.co.za](http://www.oldjoes.co.za)  
**E-mail:** [info@oldjoes.co.za](mailto:info@oldjoes.co.za)



### DATE PUDDING

#### Prepare the fruit

*Bring the following ingredients to the boil and then simmer for approximately 10 minutes, or until most of the moisture is absorbed:*

125 g dates  
125 g dried cake fruit mix  
500 ml orange juice

*Remove the mixture from the stove and add the following—mix well and cool:*

5 ml bicarbonate of soda  
5 ml vanilla essence

#### Prepare the batter

*Sieve and mix the following dry ingredients:*

100 g white sugar  
50 g brown sugar  
180 g cake flour  
5 ml baking powder  
pinch salt  
5 ml cinnamon

*Add the following and mix well:*

2 eggs, beaten  
100 g melted butter  
Pot of cooled fruit mixture

*Grease 12 small ramekins (baking spray is ideal) and divide the mixture between them. Bake at 180°C (350°F) for 25 minutes.*

### CARAMEL SAUCE

*Heat together and boil slowly for 5 minutes:*

150 g white sugar  
150 g butter  
125 ml thin cream

#### Serving

*Tip out the desserts while still hot and serve with beaten cream or vanilla ice cream, drizzled with a good helping of Caramel Sauce, garnished with a sprinkling of cinnamon sugar and a mint leaf.*

*NOTE: These desserts also freeze well—simply remove from the freezer just before serving and microwave until hot.*