



Sheridan's cream sticky pudding

READY IN



30 min.

SERVINGS



6

CALORIES



889 kcal

DESSERT

Ingredients

- ☐ 50 g brown sugar
- ☐ 1 eggs
- ☐ 3 egg yolk
- ☐ 150 ml rum / brandy / coffee liqueur
- ☐ 250 ml double cream
- ☐ 6 servings butter for greasing
- ☐ 6 croissants sliced
- ☐ 85 g g muscovado sugar light
- ☐ 100 g g muscovado sugar light

- ☐ 100 g butter
- ☐ 150 ml double cream

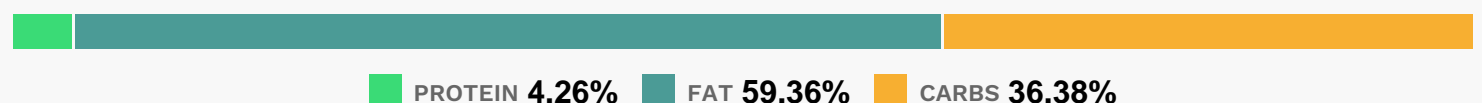
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Whisk the caster sugar, whole egg and egg yolks together in a bowl.
- ☐ Put the Sheridans and the cream in a pan, bring to the boil.
- ☐ Whisk on to the egg mixture, then leave until cooled slightly to make a custard.
- ☐ Lightly grease six 200ml/7fl oz ramekins with butter, place a layer of croissant slices in the bottom of each one, then add a generous sprinkle of muscovado sugar and a little of the egg custard. Keep on laying up croissant and custard in the same way, finishing it off with a sprinkling of sugar. Allow the pudding to settle for a while to soak up the custard.
- ☐ Heat oven to 200C/fan 180C/gas 6, then cook pudding for 18–20 mins until puffed up, golden and crispy (the muscovado sugar will give a tasty and sticky finish to the pudding).
- ☐ While the puddings are baking, make the sauce.
- ☐ Place the sugar and butter into a pan and stir over a medium heat until melted together.
- ☐ Pour in the cream and bring to the boil. Reduce the heat and simmer for 3–4 mins until dark and sticky.
- ☐ Serve the puddings in their dishes with a little of the warm butterscotch sauce poured over.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:16.5, Inflammation Score:-8, Nutrition Score:11.623478137929%

Nutrients (% of daily need)

Calories: 888.63kcal (44.43%), Fat: 56.91g (87.55%), Saturated Fat: 34.34g (214.65%), Carbohydrates: 78.49g (26.16%), Net Carbohydrates: 77.01g (28%), Sugar: 58.15g (64.61%), Cholesterol: 285.04mg (95.01%), Sodium: 404mg (17.57%), Alcohol: 5.41g (100%), Alcohol %: 3.03% (100%), Protein: 9.19g (18.38%), Vitamin A: 2120.76IU (42.42%), Selenium: 22.93µg (32.76%), Vitamin B2: 0.35mg (20.7%), Folate: 70.47µg (17.62%), Vitamin B1: 0.25mg (16.96%), Phosphorus: 155.13mg (15.51%), Vitamin E: 1.91mg (12.72%), Calcium: 118.78mg (11.88%), Vitamin D: 1.71µg (11.37%), Vitamin B5: 1.12mg (11.19%), Manganese: 0.22mg (11.04%), Iron: 1.88mg (10.45%), Vitamin B12: 0.48µg (7.94%), Vitamin B3: 1.35mg (6.76%), Zinc: 0.92mg (6.14%), Potassium: 208.19mg (5.95%), Fiber: 1.48g (5.93%), Vitamin B6: 0.12mg (5.86%), Magnesium: 19.1mg (4.78%), Vitamin K: 4.77µg (4.55%), Copper: 0.08mg (4.18%)