

Parsnip Sticky Toffee Pudding

Makes 4 Ramekins

Equipment

(4) 6 oz Ramekins

Stand Mixer

Medium saucepan

Ingredients

pudding

4 large medjool dates or 6 small, pits removed, roughly chopped

1 cup whole milk

7 tablespoons unsalted butter at room temperature

¼ cup coconut sugar

3 tablespoons unsulfured molasses

2 eggs

1 teaspoon vanilla extract

1 ¼ cup einkorn flour

½ teaspoon baking soda

1 teaspoon baking powder

1 medium-sized parsnip, 1 cup grated

Toffee Sauce

½ cup heavy cream

⅓ cup maple syrup

2 tablespoons unsalted butter

1 teaspoon vanilla extract

Pinch of salt

Instructions

1. Preheat the oven to 350 degrees.
2. In a medium saucepan, add chopped dates and milk. Over low heat, slowly warm until the dates are softened and have broken down a bit, 3-4 minutes. Stir frequently to prevent milk from curdling and avoid a simmer. Once softened, set aside to cool.
3. In the bowl of a stand mixer with the paddle attachment, cream the softened butter and coconut sugar together until smooth. Beat the molasses and eggs one at a time, then the vanilla extract. Mix thoroughly and scrape down the sides with a spatula until well incorporated.
4. Add the flour, baking soda, baking powder, and grated parsnips, and mix on low speed until smooth.
5. Next, mix in the cooled date and milk mixture. Use a spatula to scrape down the sides and mix until no lumps are left and the batter is smooth and thoroughly combined.
6. Butter the ramekins and place on a sheet pan. Evenly divide the batter between the four ramekins and bake for 30-35 minutes until the tops are deep golden brown, the pudding is firm to the touch, and a knife inserted into the center comes out reasonably clean. It's okay if the puddings are slightly underbaked; we want that nice, super soft, moist pudding texture.
7. While puddings are baking, make the toffee sauce. Heat heavy cream, maple syrup, and butter in a medium saucepan over medium-low heat. Whisk until smooth, and the sauce begins to bubble and slowly simmer. Whisk occasionally to prevent burning for about 3-4 minutes until bubbly and thickened. Immediately take off the heat and mix in the vanilla.

8. Use a fork to poke holes in the tops of the puddings, then spoon a few tablespoons of the warm sauce over the puddings and allow to soak in.
9. To serve, either eat out of the ramekin or invert pudding onto a plate and pour over more sauce. Serve with vanilla ice cream or a drizzle of heavy cream if desired and enjoy!