Woodford Pudding with Butterscotch Sauce

Author: From a Los Angeles Times article in the 1980's.

Carolyn T's Main Cookbook

Servings: 10



PUDDING:
1/2 cup unsalted butter
1 cup sugar, [I used half Splenda]
3 large eggs, lightly beaten
1 cup all-purpose flour
1 teaspoon cinnamon
1 teaspoon baking soda
1/2 cup sour milk, or buttermilk
1 cup seedless blackberry jam, [I used sugar-free]
BUTTERSCOTCH SAUCE:
1 1/2 cups dark brown sugar
1/4 cup all-purpose flour
1 cup boiling water
1 dash salt
1/4 cup unsalted butter
2 tablespoons heavy cream
1/2 teaspoon vanilla extract

Serving Ideas: You may also serve this with a scoop of vanilla ice cream, if desired.

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 496 Calories; 17g Fat (29.5% calories from fat); 4g Protein; 86g Carbohydrate; 1g Dietary Fiber; 105mg Cholesterol; 216mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 Fat; 5 Other Carbohydrates.

Notes: A very soft, spongy kind of cake/pudding. Delicious with the butterscotch sauce, or even just a drizzle of heavy cream.

1. PUDDING: Cream butter with sugar until light. Add eggs and beat well. Sift flour with cinnamon. Dissolve soda in sour milk and mix with flour mixture. Beat into sugar/egg mixture. Blend in jam. Turn into greased 12x7 baking dish. Bake at 325 for 40-45 minutes. Cut in squares and serve warm with Butterscotch Sauce. And vanilla ice cream if you have it.
2. SAUCE: Mix brown sugar with flour in a heavy saucepan. Pour in boiling water and add salt. Cook and stir about 8 minutes. If mixture seems too thick, add a touch more boiling water. Remove from heat and stir in butter, cream and vanilla. Blend and keep warm until ready to serve. Makes about 2 cups.