

Carol's Sticky Toffee Date Cake

Here are some of Carol's
Top Tea Day Treats.

Soft, dark, and delicious — this is the cake that wins everyone over. The dates keep it moist, the sauce makes it irresistible, and it's one of those bakes that somehow improves the next day.

If it lasts that long.

INGREDIENTS

For the cake

260g dates, roughly chopped
100g butter, softened
65g brown sugar
200g plain flour
3 eggs
1 tbsp treacle
1 tbsp golden syrup
1 tsp vanilla extract
1 tsp baking soda (add to the dates as they simmer)

FOR THE TOFFEE SAUCE

100g butter
100g brown sugar
200ml cream
1 tbsp treacle or syrup



METHOD

Prepare the dates

Simmer the chopped dates in a small pan with just enough water to cover. Add the baking soda, stir, and let it cool — it will turn soft and sticky.

MAKE THE BATTER

Cream the butter and sugar together until light. Add the eggs one at a time, then stir in the treacle, syrup, and vanilla. Fold in the flour, then gently mix in the cooled date mixture.

BAKE

Pour into a lined tin (about 20 cm) and bake at 180°C for 30–35 minutes, or until springy in the centre.

MAKE THE SAUCE

In a small pan, melt the butter, sugar, and cream together. Simmer gently for 3–5 minutes until smooth and glossy.

SERVE

Pour the warm toffee sauce over the cake, letting it sink in. Serve with a little extra sauce and a dollop of cream or ice cream. I sometimes go completely wild and top the cake with broken pieces of honeycomb and gold leaf.