

Sticky date cake



Sticky date cake

Ingredients:

400g fresh dates, stoned and roughly chopped

3/4 cup water

2 tsp instant coffee powder

1 tsp bicarbonate of soda

75g butter, cubed and at room temperature

3/4 cup caster sugar

1 tsp vanilla essence

2 (59g) eggs

1 1/4 cups self-raising flour, sifted

maple syrup, to serve (optional)

reduced fat vanilla ice-cream or cream, to serve

Health benefits of dates:

- Fresh dates are a good source of vitamin C, one of the factors important to help prevent infection.
- Provide potassium, which helps to balance adverse effects of sodium from salt.

Method:

1. Preheat oven to 180°C. Lightly grease and line the base of a 20cm round cake tin with baking paper.
2. Combine dates, water and coffee powder in a medium saucepan. Cook, stirring occasionally, over medium heat for 5–7 minutes or until dates are very soft and liquid is absorbed. Remove from heat and using a wooden spoon, stir in bicarbonate of soda and butter. Set aside for 10 minutes to cool slightly.
3. Transfer date mixture to a large mixing bowl. Stir in caster sugar and vanilla until well combined. Add eggs one at a time, mixing well after each addition.
4. Gently fold in sifted flour until combined. Spoon mixture into prepared tin. Bake for 55–60 minutes or until cake is golden and cooked through when tested with a skewer. Stand in pan for 5 minutes then turn onto a rack to cool. Slice and serve drizzled with maple syrup (if desired) and reduced fat vanilla ice-cream or cream.

Serves: 8

Preparation: 25 minutes (+10 minutes cooling time)

Cooking: about 1 hour