

Cooking Kids



INGREDIENTS

- 125 g soft butter
- 1 tbspn golden syrup
- 1 tbspn black treacle
- 2 large eggs
- 1 tspn vanilla extract
- 150 g light muscovado sugar
- 150g self raising
- 150 dates softened in 250 ml boiled water
- 2 tspn bicarbonate soda

Toffee Sauce

- 175g dark brown sugar
- 170g butter (cubed)
- 1 tablespoon golden syrup
- 1 tablespoon black treacle
- Pinch of sea salt
- 500 ml double cream

EQUIPMENT

- Saucepan x 2
- Bowl
- Whisk
- Spoon
- Muffin cases

Method

- Preheat oven to 160 degrees Celsius
- Add water and chopped dates into a sauce pan and bring to a boil then turn off the heat and allow to soften . After about 5 minutes add your bicarbonate of soda and vanilla essence , stir and then Leave it to the side
- In a bowl cream the butter and sugar until light and fluffy
- Add in your eggs one at a time whilst constantly mixing
- Fold in your flour
- Fold in your date mix
- Pour into your prepared cake tin or muffin cases
- If you are using one large baking dish then cook for roughly 40 mins or until when a skewer is inserted it comes out clean



- Once cooked , poke holes with a fork and pour some warm toffee sauce over the top and let it seep in. Enjoy!

Toffee Sauce

- Place all ingredients except the double cream into a sauce pan. Turn on a medium heat and bring to a gentle boil
- Let it boil for a couple minutes and darken in colour
- Take the saucepan off the heat and pour in your double cream whilst constantly stirring . Bring it back to a boil for 1 minute then take it off heat and it's ready