



Maple date *loaf*



Another one where the unlovely cooking dates get to put their party dress on – we make this for any occasion, but on special days it more than holds its own among the frillier cakes.

Method: Put dates, sugar, butter, bicarb soda and water in a saucepan. Stir over medium heat until the butter has melted.

Bring to the boil, then remove from heat.

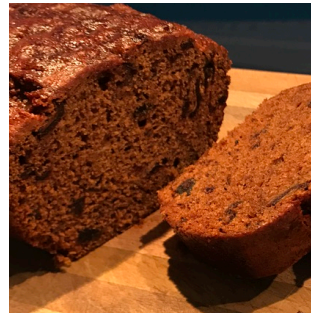


Cool for 10 minutes while oven preheats.

Stir flour and spice together using a whisk. Using a spatula, gently fold in date mixture and then egg. Put into cake pan and smooth surface.

Bake at 150°C (fan-forced) for an hour to an hour and 15 minutes – test centre with a skewer after an hour.

A crumb or two is okay, but batter not so much.



Hints:

Glaze the top with about 2 tablespoons of maple syrup – just sort of drizzle it on. For us, this is not optional!!!

Add some chopped pecans – 1/2 to 1 cup.

Substitute oat bran for 1/4 cup of the flour.

Use wholemeal self raising flour instead of the regular stuff.

Make a double mix and freeze one cake for another day.

- 1 cup pitted dates, chopped
- 1 cup firmly packed brown sugar
- 60g butter, chopped
- 1 teaspoon bicarbonate of soda
- 1 cup water
- 2 cups self raising flour
- 1 teaspoon ground mixed spice
- 1 egg, lightly beaten