

Mrs Bailey's Sticky Toffee Pudding

to make the date loaf

8 ounces of dates

1/4 pint of boiling water and a

pinch of bicarbonate of soda

3 ounces of margarine

3 ounces of castor sugar

one medium egg

8 ounces of self raising flour

tin of carnation caramel

Heat the oven to 180c or 350f or gas mark 4

Chop the Dates and pour over boiling water to soften

cream of the margarine sugar and beat in the egg

Add the flour and dates in place in a baking tin and bake for 30 minutes

Remove from tin when cooked

Gently warm the carnation caramel and spread over your date cake to serve