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# Sticky Toffee Pudding



## Ingredients

300 ml water
175g dates, stoned and chopped
1 teaspoons Bicarbonate soda
50g unsalted butter
175g caster sugar
2 eggs
175g self-raising flour
1tsp. vanilla essence
For the Toffee Sauce: 300ml double cream
50g Demerara sugar
2 tsp. black treacle

## Preparation

1. Preheat the oven to 180°C/350°F
2. Boil the dates in the water for about 5 minutes until soft.
3. Add the bicarbonate of soda and keep the dates in the water
4. Cream together the butter and sugar until light and fluffy, then add the eggs and beat well
5. Mix in the dates with the water, the flour and the vanilla essence then pour into the baking tin
6. Bake for 35-40 min until just firm enough to the touch
7. 
8. For the sauce: Place all ingredients in a pan on a low heat and stir until all the ingredients are mixed together, then bring to the boil
9. Cut the pudding into portions and ladle over the sauce.

## Cooks Note