



ICED DATE AND WALNUT CAKE

This is a favourite with guests at Chez Teresa. The trick we think is to use the plumpest, juiciest dates. I tend to buy ours from the Sunday market in Montsoreau where they sell the most delicious dates that I have ever tasted.

Ingredients

168g (6oz) Self Raising Flour
112g (4oz) ground almonds
1 tsp of baking powder
300ml (10 fl oz) Milk
168g (6oz) Choice Juicy Dates, chopped
112g (4oz) Dark Muscovado Sugar
1 large tablespoon of Black Treacle
56g (2oz) Walnuts, chopped
4 tbsp Sunflower or Olive Oil
2 tsp Ground Mixed Spice (optional)
A pinch of ground ginger (optional)

Decoration

Walnut halves
Some runny Icing with a hint of lemon juice
Some grated lemon or orange

Method

Pre-heat oven to 180°C: 350°F: Gas 4.
Grease and line a 1kg (2lb) loaf tin with buttered greaseproof paper.

Sift the flour and spices together into a bowl.
Add the dates and walnuts and mix.
Add the milk, muscovado sugar, treacle and oil and stir thoroughly.
Spoon the mixture into the tin and bake for 45-50 minutes or until golden brown and firm.

Turn out on to a wire rack to cool, after having removed the lining paper.

Cover with a white, lemony icing and the sprinkle the top with a little grated rind and decorate with 6 – 8 walnut halves.

Serve with a really good cup of tea such as Twinings Afternoon Tea.