Builders' Tea Sticky Toffee Loaf

From the teas.co.uk wiki

This is a sticky toffee loaf with a builders'-brew twist: the dates are soaked overnight in strong tea and warm milk together, so the cake itself ends up tasting of a proper strong cup of tea rather than just generic spice cake. It is the no-fruit cousin of bara brith, darker and stickier.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Builders' Tea Sticky Toffee Loaf recipe. Canonical: https://teas.co.uk/recipes/biscuits/builders-tea-sticky-toffee-loaf/*

The tea-and-milk soak is the trick. The dates drink up both the tea and the milk fat overnight, which gives the loaf its backbone, and a Ceylon-and-toffee sauce poured over the warm cake soaks the flavour right in. Use Medjool dates, which break down softly into the crumb.

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