



Stuffed Dates & Cream Iftar

It's a religious tradition for Muslims to break one's fasting day with a date. This can be seen in plenty during the month of Ramadan where every host will pass around enough for everyone just before the sun sets and the fasting day comes to an end. My personal favorite date to break my fast with and to serve to guests is the Medjool variety. They are thick and meaty, making it easy for the pits to be removed, and, therefore, easy to stuff. This recipe serves to add even more flavors and texture to the palate by incorporating a variety of nuts, fresh cream, honey and lemons to the already delicious and nutritious date. It's like a party in your mouth!

Serves 20 (1 date per person)

Ingredients

20 Medjool dates (large)

Whole almonds or walnuts broken in half; alternatively- $\frac{1}{8}$ cup chopped mixed nuts such as hazelnuts, walnuts, almonds, pistachios

$\frac{1}{2}$ cup creme fraiche, mascarpone cheese OR cream cheese

4-6 tablespoons milk

raw sugar or honey, to taste

$\frac{1}{2}$ teaspoon alcohol-free vanilla extract or the beans of one vanilla pod

$\frac{1}{4}$ cup citrus zest (lemon, lime and orange) plus more for topping

$\frac{1}{2}$ cup chopped pistachios, for topping

1-2 tablespoons honey (optional), for topping

Directions

1. Wash and dry the date and remove any pits, but do not break the dates apart. They are quite easy to keep together by simply molding them back to normal with your hands.
2. Stuff each date with an almond or walnut half and close them back up.
3. Arrange the stuffed dates on a serving tray as you will present them to your guests.
4. In a medium size bowl, mix the mascarpone cheese and milk together until you reach a consistency that is easy to work with and dollop. Add the citrus zest.
5. Put a dollop of the creme fraiche mixture on top of each date. Add the chopped pistachios and the lemon and/or orange zest. Also, add the honey, if desired. The dates are already quite sweet so this isn't necessary, but if you have a honey that you just can't resist then it's worth it to include.

PO BOX 958 | La Jolla, CA 92038

www.myhalalkitchen.com | contact@myhalalkitchen.com

+1 773-392-6798

