Friday, 2.10.12

Dreamy Valentine's Day Dessert

If you're looking for a way to cook up some romance this Valentine's Day, skip the traditional box of chocolates and try an impressive dessert instead.

This recipe for Dreamy Medjool Date Pudding Cake with Caramel Infusion uses Bard Valley Natural Delights, the popular dates grown by a small group of family farmers in the Southwest.

Sweet, succulent and with a caramel-like flavor, Medjool dates were once reserved for royalty. But you can delight in these luscious fruits any time and give your Valentine the royal treatment.

For more delectable recipes ripe for romance, visit www.naturaldelights.com.

Dreamy Medjool Date Pudding Cake with Caramel Infusion

PREP TIME: 75 MINUTES SERVES: 8

Butter and powdered cocoa, to prepare pan

l teaspoon baking soda 1 cup Bard Valley Natural Delights Medjool Dates, pitted and chopped (about 10)

1 1/2 cups boiling water 1/2 cup butter, softened 1 cup brown sugar, packed 1 teaspoon vanilla extract

1 3/4 cups self-rising flour, sifted

Caramel sauce:

- 1 cup brown sugar
- 1 1/4 cups whipping cream 1/2 teaspoon vanilla extract
- 1/4 cup butter

Preheat oven to 350°F.

To prepare baking pan, brush inside of a Bundt pan thoroughly with melted butter. Liberally sprinkle powdered cocoa over butter, then turn upside down and tap to remove excess cocoa.

In small bowl, sprinkle baking soda over dates. Add water and set aside for 20 minutes.

In large bowl, beat butter, sugar and vanilla until creamy. Add eggs, 1 at a time, beating well after each addition. Using a large metal spoon, fold in date mixture and flour until well mixed. Batter will be thin.

Spoon mixture into prepared pan. Bake for 35 to 40 minutes or until a skewer inserted into the center comes out clean. Allow to stand for about one minute, then carefully turn onto a plate.

To make the caramel sauce, set saucepan over medium heat and add sugar, cream, vanilla and butter. Cook, stirring often, until sauce comes to a boil. Reduce heat to medium-low and simmer for 2 more minutes.

While cake is still warm, use a wooden skewer to make holes all over the top of the cake. Pour half of the warm sauce over the warm cake. Garnish with glace cherries, if desired.

Let stand for 10 minutes before serving. Cut into slices and serve with remaining sauce. Serve immediately.

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Medjool Date Bon Bons

SERVES 4

8 Large Pitted Medjool Dates 1 cup Vanilla bean ice cream 1 cup Milk chocolate, melted 1 cup Toasted, sliced almonds 2 tsp Powdered sugar (op-

Cooking Instructions 1. Stuff a few pieces of toasted almonds into each Pitted Medjool Date and then fill with ice cream. (If Pitted Medjool Dates are not available, use regular Medjool Dates and slice one side of the date lengthwise to remove the pit.)

2. Place stuffed dates back into freezer and allow to harden. Work in small batches to keep everything cold and the ice cream frozen.

3. When Medjool dates are hard, melt the chocolate, remove Medjool dates from freezer and dip in melted chocolate. Place on wax paper and return to the

4. Serve garnished with the remaining almonds and lightly dust with powdered sugar.

Serve immediately.

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Date And Walnut Stuffed Puff Pastry

SERVES 4

1 pckg Ready made puff pastry, frozen

1/2 cup Sugar 1/4 cup Butter

1/4 cup All-Purpose flour

1/2 tsp Ground cinnamon 1/2 cup Medjool Dates – pitted and chopped

1/2 cup Walnuts - chopped 1/2 cup Flaked coconut 1 Egg, beaten Cooking Instructions

1. Heat oven to 400°F. Take pastry from freezer and let thaw.

2. Place flour, cinnamon dates, walnuts and coconut in a food processor and pulse until finely chopped and combined.

3. Beat sugar and butter together in a large bowl until well blended. Gradually mix in the ingredients from the food processor.

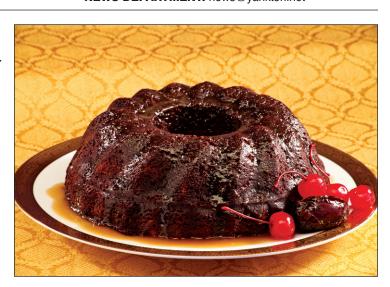
4. Roll out puff pastry to 1/8th inch thick and cut into 4 inch

5. Place 1 tbls of filling in center of square, dampen edges with

6. Bring edges together to form small pyramid brush with beaten

egg.
7. Place on baking tray and bake for 20 to 25 minutes or until golden brown.

8. Cool on rack and serve cool or warm, on their own or with



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