

# Indulge in these delectable DATE-BASED SWEET TREATS

It's the month of Ramadan once more, and so, it's time to prepare nourishing and delicious dishes for iftar. These date-infused recipes bring together tradition and flavour, offering a perfect balance of energy, sweetness, and comfort for your fasting routine.

From indulgent desserts to wholesome mains and snacks, these recipes are ideal for making your Ramadan meals both special and fulfilling.

## DATE AND SESAME WONTONS

*Date and sesame wonton is a delightfully innovative dessert of wonton wrappers filled with a nutty date mixture. It is crispy from outside, sweet and soft from inside. This sweet dish originates from the Canton speaking regions in China, and is traditionally stuffed with walnuts. When served after a Chinese meal, hot wonton with chilled vanilla ice-cream is a delight in itself.*

### Ingredients

20 wonton wrappers  
For the stuffing —  
½ cup chopped dates  
¼ cup sesame seeds  
¼ cup brown sugar  
1 tbsp butter  
2 tbsp powdered sugar  
Oil for deep-frying  
To serve —  
Vanilla ice-cream

### Method

Toast sesame seeds on a slow flame for 2-3 minutes or till brown in colour. Keep aside to cool. Blend the seeds in a processor to a coarse mixture. Combine the sesame seed mixture, dates, brown sugar and butter in a deep bowl and mix well. Keep aside. Now place a wonton wrapper on a flat, dry surface and place 1 tablespoon of stuffing in the centre. Bring the sides to the centre, twist and seal like a money bag. Repeat to make more wontons. Heat oil in a pan and deep fry the wontons, on a medium heat, till they turn golden in colour from all the sides. Allow them to cool slightly and sprinkle powdered sugar evenly on the top of the wontons. Serve immediately with vanilla ice-cream.

## DATE AND RICE POLAO

*A main course that is as elegant as a dessert, the date and rice polao features a unique combination of rice with dry fruits and nut, enhanced with rose water, and garnished with fried onions and coriander. Milk gives a nice wetness to this rice, and keeps it from being too dry to taste. The cardamom flavour goes well with the mellow sweetness of this rice preparation, which combines wonderfully with spicy accompaniments.*



### Ingredients

¼ cup chopped seedless dates  
3 cup cooked rice  
3 tbsp ghee  
¼ cup sliced almonds  
¼ cup raisins  
1 tsp rose water  
3 tbsp milk  
½ tsp cardamom powder  
¼ cup deep-fried sliced onions  
1 tbsp chopped coriander  
Salt to taste

### Method

Heat the ghee in a non-stick pan; add the almond and sauté on a medium flame for 1-2 minutes. Add the dates, raisins, cooked rice, rosewater, milk, cardamom powder and salt, mix gently. Cook on a medium flame for 2 minutes, while stirring occasionally. Garnish with coriander and fried onions, and serve hot.

## DATE CAKE

### Ingredients

½ cup chopped dates  
2 cups refined flour  
3 tsp baking powder  
A pinch cinnamon powder  
A pinch nutmeg powder  
1 cup milk  
½ cup yoghurt  
1 cup powdered sugar  
¾ cup melted butter  
1 tsp vanilla essence

### Method

Pre-heat the oven to 170° Celsius. Sieve together flour, baking powder, cinnamon powder and nutmeg powder. Grind dates with half the milk and yoghurt. Mix with the sieved dry ingredients. Add powdered sugar and mix thoroughly. Mix in melted butter and vanilla essence. Add the remaining milk to correct the consistency. Pour the mixture into a greased cake tin and place it in a pre-heated oven for 25 minutes. Remove and cut into pieces when completely cooled.

## TAMARIND DATES CHUTNEY

*Sweet, tangy, gooey chutney is made with tamarind, dates, and jaggery that is often accompanied with snacks. It is a one-stop chutney recipe solution for fried savoury snacks.*



### Ingredients

½ cup seedless dates  
½ cup seedless tamarind  
½ cup grated jaggery (as required-adjust for preferred taste)  
2 cups water  
½ tsp roasted cumin powder  
½ tsp coriander powder  
½ tsp red chilli powder  
¼ tsp dry ginger powder  
Black salt to taste

### Method

In a pan, take the tamarind, dates and water. Cook for about 10 minutes on low heat till they soften. Now add jaggery and continue to cook. Let the jaggery dissolve and the mixture thicken a bit. Add the powdered spices, stir and let simmer for a further 2 minutes. Season with salt. Let the chutney mixture cool down. In a grinder, grind the mixture till smooth. Pour the chutney through a strainer. Store the tamarind date chutney in an airtight container in the refrigerator, and use whenever you make snacks at home!

## DATE AND CASHEW COOKIE

*This iron rich treat will ensure optimum high brain function and development and assist your child's growth as well. Wholesome soy flour replaces refined flour in these cookies, while iron-rich dates and energy-rich cashews add flavour and texture.*

### Ingredients

½ cup white millet  
½ cup deseeded and chopped dates

½ cup soy flour  
3 tbsp chopped cashew nuts  
½ cup butter  
4 tbsp powdered sugar  
1½ tbsp cocoa powder  
½ tsp butter for greasing

### Method

Combine the dates and ¾ cup of water in a deep pan and bring to boil. Cook for 10 minutes or till the dates are fully mashed. Keep aside to cool. Combine the soy flour, white millet, butter and sugar in a bowl using your fingertips till the mixture resembles bread crumbs. Add the dates mixture, cashew nut and cocoa powder, mix and knead the dough well, until it becomes semi-stiff. Cover and refrigerate for 15 minutes.

Divide the dough into 10 equal portions and roll each portion into a small sphere and lightly flatten. Grease the baking tray with butter and bake in a pre-heated oven at 180° Celsius for 20 minutes. Cool and serve, or store in an airtight container.

## DATE AND APPLE KHEER

*Kheer has always been a part of the Bengali food spread. Times have changed, but kheer continues to find a special place in our meals, especially during festivals. Over time, several variations of kheer have emerged. Date and apples impart their natural sweetness*



*and fibre, while walnuts add crunch and taste to this kheer. Milk has abundant protein and calcium, and the goodness of apples and dates, of course, needs no explanation.*

### Ingredients

½ cup chopped apples  
¼ cup chopped dates  
2 tbsp sugar  
2 cups thickened low fat milk  
2 tbsp chopped walnuts  
1 tbsp finely chopped apples for garnish.

### Method

Combine apples, sugar and 3 tbsp of water in a non-stick pan and cook over medium heat for 2 minutes. Refrigerate to chill. Combine the milk, dates and in a pan, mix well and simmer for 10 minutes while stirring continuously. Refrigerate to chill. Just before serving add cooked apple to the milk and dates mixture and mix gently. Serve chilled, garnished with walnuts and apples.

**Photo: LS Archive; Unsplash**