

DATE CRUNCHIES

Makes 12 260 calories/slice

Prep time 20 mins

Cooking time 30-35 mins

175g (6oz) SR White Flour

175g (6oz) Semolina

175g (6oz) butter/margarine

75g (3oz) caster sugar

225g (8oz) stones dates, chopped

15ml (1 tblsp) honey

60ml (4 tblsp) water

15ml (1 tblsp) lemon juice

pinch of ground cinnamon

1. Grease a shallow 18cm (7") square tin.
2. Mix the flour and semolina together in a bowl and make a well in the centre. Melt the butter with the sugar in a saucepan over a low heat, then stir into the flour mixture. Press half of this mixture into the prepared tin.
3. Meanwhile, put the dates in a saucepan with the honey, 60ml (4tblsp) water, lemon juice and cinnamon over a low heat and stir well until the mixture is soft and smooth. Spread this filling over the semolina mixture in the tin, cover with the remaining mixture and press down lightly.
4. Bake in the oven at 190°C (375°F) Mark 5 for 30-35 minutes. Cut into fingers. Leave in the tin until cold.

VARIATION

APRICOT CRUNCHIES Use chopped ready –to- eat dried apricots instead of the dates. Puree the apricot filling if preferred in a blender or food processor.