



Date Slice

Ingredients

225g dates (chopped small)
1 tbsp honey
5 tbsp water
1 tbsp lemon juice
1 level tsp cinnamon

175g butter
75g castor sugar
175g semolina
175g wholemeal SR flour or
plain flour with 1 level tsp baking
powder

Pre heat oven to Mark 3, 170C
Grease tin 28 x 18 x 2.5cm

1. First put the dates, honey, water, lemon juice and cinnamon in a saucepan and heat them until the honey dissolves.
2. Stir with wooden spoon until the mixture is a creamy consistency then remove from heat.
3. Cream together butter and sugar until pale and fluffy. Stir in semolina and flour and mix well until the mixture resembles fine breadcrumbs.
4. Press half this mixture into the tin and then spread over the date mix.
5. Sprinkle the remaining mixture over the date mix, pressing it all down lightly.
6. Bake for 40 to 45mins until lightly brown.
7. Remove from oven and mark into 16 fingers whilst still warm.
8. Leave to cool in the tin before removing.

From The Food Aid Cookery Book, 1986. Contributed by Mrs Edmunds, Stanley, Co Durham.

