

Date Paste and Syrup

Ingredients

- 1lb/500g dates, pitted and chopped
- 4 cups/1L water

Method

1. Put in all saucepan and simmer for 30 minutes.
2. Blend with immersion blender and strain through cheesecloth.
3. Set paste aside, and return the liquid to saucepan for 30 minutes to thicken.

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