

Date Molasses Syrup or Silan

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From toriavey.com

Ingredients:

- 4 lbs pitted dates
- 17 cups hot water or more if needed

Directions:

1. Place dates and water in a medium saucepan and bring to a boil. Once boiling, reduce to a low simmer and cook for 2 hours or until dates are very soft and starting to dissolve. If mixture begins to look dry, add a little more hot water; dates should be mostly covered by liquid throughout the process. By the end of cooking the liquid should be thick and brown.
2. Let the mixture cool to room temperature. Pour the liquid through a strainer lined with cheesecloth into a large mixing bowl.
3. Add small batches of dates to the cheesecloth (about 1 cup at a time) and give them a really good squeeze, trying to get out as much of the liquid as possible. Remove the pulp and continue with the remaining dates.
4. Clean out your saucepan and pour the strained date liquid back into it. Bring to a boil, then reduce heat a bit and simmer for another 20-30 minutes or until liquid thickens enough to coat the back of a cold spoon. It should have the consistency of thick maple syrup. Remove from heat.
5. Date honey will continue to thicken as it cools. Once it reaches room temperature, it should be similar to the consistency of honey. If the mixture isn't thick enough for you, feel free to warm it up again and re-simmer. Careful not to overcook or over-thicken.

Note: This recipe makes approximately two cups of silan (date syrup). Store date honey syrup in the refrigerator. Cold syrup will be quite thick, but it will soften quickly when brought out to room temperature.