

SAUTEED DATES WITH OLIVE OIL AND MALDON SALT



TIME TO PREPARE

15 Minutes



COOK TIME

10 Minutes



4 SERVINGS



Ingredients

- [Olive oil](#)
- Whole medjool dates
- [Maldon](#) salt

Steps to Make

1. Place a heavy skillet over medium heat, and pour in enough olive oil to lightly film the bottom of the pan. When the oil is warm and runs loosely around the pan, add the dates, taking care not to crowd them.
2. Cook turning the dates frequently so that they heat on all sides, until they feel hot (careful!) to the touch. They should cook fairly gently; if they're taking on colour, reduce the heat or turn them more often. Because of their high sugar content, dates can scorch easily, so keep an eye on them. You're just briefly warming and softening them, encouraging them to absorb richness and flavour from the olive oil.
3. Transfer the hot dates to a serving dish and drizzle them with some olive oil from the skillet. Salt generously if you plan to serve them on their own, or only lightly if you're serving them in a salad or with yogurt.

Alternative Serving: Add to a salad with orange segments, pistachios, good French cheese and soft buttery lettuce. Or top a bowl of cool, Greek yogurt with more olive oil drizzled on top.