

THE MEXICAN VEGETARIAN COOKBOOK



PHAIDON

DATE BREAD



DATE BREAD

REGION: ALL MEXICO

COOKING TIME: 35 MINUTES

PREPARATION TIME: 20 MINUTES

MAKES: 1 LOAF

½ cup (4 oz/115 g) butter, at room temperature, plus extra for greasing

2 cups (9 oz/260 g) all-purpose (plain) flour, plus extra for dusting

1 teaspoon baking soda (bicarbonate of soda)

1 teaspoon baking powder

½ teaspoon salt

1 cup (7 oz/200 g) superfine (caster) sugar

2 large eggs



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MAKES: 1 LOAF

2 tablespoons heavy (double) cream

1 cup (9 fl oz/250 ml) milk

1 cup (5 oz/150 g) pitted dates, chopped

½ cup (1¾ oz/50 g) pecan nuts, chopped

½ cup (2½ oz/70 g) raisins

creamy goat cheese, to serve



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DATE CAKE

Preheat the oven to 350°F (180°C/Gas Mark 4). Butter a loaf pan (tin) about 8½ x 4½ inches (21 x 11 cm) and dust with flour.

Sift the flour, baking soda (bicarbonate of soda), baking powder, and salt into a bowl.

Cream the butter with the sugar in an electric mixer, then add the eggs and cream, while beating. Add the dry ingredients a little at a time, alternating with the milk, beating until incorporated. Finally, using a large spoon, fold in the chopped dates, pecans, and the raisins until evenly distributed.

Pour the mixture into the prepared loaf pan and bake for 30–35 minutes until golden and cooked through; a skewer inserted into the center should come out clean. Leave to cool completely in the pan.

Serve sliced, with a very creamy goat cheese.

