

Choc-coated medjool dates with orange & ricotta



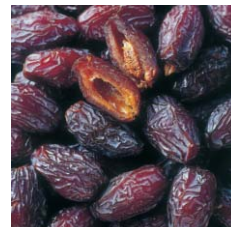
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Preparation: about 30 minutes
(+30 minutes setting time)
Cooking: about 5 minutes
Makes: 16

These delicious dates are excellent served after dinner with espresso coffee.

16 (about 400g) plump fresh Medjool dates
125g fresh ricotta
2 tsp caster sugar
1 tsp finely grated orange zest
150g good quality dark chocolate, chopped

1. Cut dates lengthways on one side through to the seed. Remove seed and gently ease dates open. Place a sheet of baking paper on a baking tray.
2. To make the filling, combine ricotta, sugar and orange zest in a small bowl. Beat until smooth. Using a teaspoon, evenly spoon ricotta mixture into dates. Gently press to close. Place dates on baking tray.
3. Place chocolate into a small heatproof bowl (or use a double saucepan). Place bowl over a saucepan of simmering water, ensuring bowl does not touch water, melt chocolate, stirring occasionally with a metal spoon, until smooth. Remove from heat.
4. Drizzle dates with melted chocolate and set aside until chocolate is set. Serve immediately or store in a sealed plastic container lined with baking paper in the fridge. Use within 3 days.



Dates

- A good source of dietary fibre which is important to keep the intestine functioning well.
- Fresh dates are a source of vitamin C, one of the vitamins that help the body protect itself against infection and also provide some folate, an important B complex vitamin.