



## Date Honey (Silan)

**Ingredients (makes about 1 to 1½ cups):**

- 2 cups **pitted Medjool dates** (or other soft, sweet dates)
- 2 cups **water**
- Pinch of **salt** (optional)

### **Instructions:**

1. **Soak the dates:**  
Place pitted dates in a bowl and cover with warm water. Let soak for 1 hour to soften if they're firm.
2. **Simmer and mash:**  
Transfer dates and 2 cups fresh water to a saucepan. Simmer gently for about 30 minutes, stirring and mashing the dates with a spoon as they soften.
3. **Strain the pulp:**  
Pour mixture into a **cheesecloth-lined strainer** or use a fine mesh sieve. Press or squeeze to extract all the liquid from the pulp. (The pulp can be saved and added to baked goods or smoothies.)
4. **Reduce to syrup:**  
Return the strained liquid to the saucepan. Simmer on low for **30–45 minutes**, stirring occasionally, until it thickens into a rich syrup that coats a spoon.
5. **Cool and store:**  
Let cool and pour into a jar. Store in the fridge for up to 1 month.

### **Ways to Use It (Ancient + Modern Ideas):**

- Drizzle on **flatbread or barley cakes**
- Mix into **lentil stews** for sweetness
- Serve with **goat cheese and herbs**
- Sweeten **tea or yogurt**
- Glaze for **roasted meats or vegetables**
- Use in place of molasses, honey, or maple syrup