

Ekka

Presented by **RACQ**

ROYAL QUEENSLAND SHOW



DATE ROLL

FLEUR FOSTER



20 mins prep 40 min cook



Makes 2 rolls

Date recipes are always a favourite – they are tasty without being too sweet. The cylindrical shape of a date roll means it slices up nicely and it is perfect to eat spread with some butter. Fleur Foster is no stranger to the Royal Queensland Show (Ekka) cookery competitions, with past entries including classes for Date Roll, Jam (any variety), Cucumber Pickles, Fruit Mince and Lemon Butter.



Ingredients

- 2 Cups of Chopped Dried Pitted Dates
- 1 Cup of Brown Sugar
- 1 Cup of Water
- 60g Unsalted Butter
- ½ Teaspoon of Bicarbonate of Soda
- 2 Cups of Self Raising Flour
- 1 Large Free-Range Egg
- 125g chopped walnuts (optional)

Utensils

- Saucepan
- Large bowl
- Wooden spoon
- Cylindrical loaf tin

If you do not have a cylindrical loaf tin at home, you can use a rectangular loaf tin instead. Although this would not be suitable for competition work, it will be just as delicious at home.

METHOD

1. Prepare the Date Roll Tins (recipe makes two rolls)

Butter the inside and cut baking paper to fit the interior and the ends.

Line the buttered tin with baking paper

Pre-heat oven to 150-180°C

TIP: Where the baking paper meets in the tin, place this where the seam of tin is. No seams are allowed for competition work.

2. Combine Date Mix

Add cut **dates**, **brown sugar**, **water** and softened **butter** to a saucepan.

Give it a quick stir then transfer to a hot stove. Continue to combine the mixture with a wooden spoon until it has reached a boil. Remove from the heat and let cool slightly.

TIP: For competition work, cut the dates twice into two pieces

3. Add Bicarb of Soda

Add the **Bicarb of Soda** (it will froth) to the date mixture and combine well with a wooden spoon.

4. Combine date mix and flour

Pour the **date mix** into a bowl with the flour. Gently mix.

5. Add egg

In a separate bowl, beat the **egg** with a fork or whisk.

Pour the **egg** in the bowl with the **flour** and **date** mix. Mix with a wooden spoon.

TIP: When adding egg mix quickly with a wooden spoon so it will not cook and scramble

6. Spoon mixture into tin

Spoon the batter into the prepared Date Roll Tins until halfway.

TIP: For competition work, fill the inside of the tin $\frac{3}{4}$ of the way as it needs to have a flat top. The lid needs to be firm, so it does not pop off when baking. When the tin is filled with the mixture, give the tin a whack on the table to avoid air bubbles.

7. Bake

Bake in a pre-heated oven at 150-180°C for 40 minutes standing upright.

8. Cool

Remove from oven and remove from tin. Leave to cool on a wire rack.

9. Serve!

Slice the Date Roll and serve with some **Norco custard** or **Norco Butter**.