

FOOD FOR THE GODS (CHEWY VERSION)

Ingredients

- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1 cup pitted dates, chopped
- 1 cup unsalted butter, melted
- 1 cup brown sugar
- 2/3 cup sugar
- 1 tablespoon honey or light molasses
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 cup walnuts, coarsely chopped

Procedure:

1. Preheat oven to 350°F and place rack in the upper middle position. Line a 9" x 13" baking sheet with parchment paper and set aside.
2. Sift all-purpose flour, salt and baking powder in a small bowl. Put half this mixture in another bowl and dredge the chopped dates in there.
3. Combine melted butter, brown sugar, sugar, eggs and vanilla in a large bowl. Mix until batter is uniform. Add honey and mix.
4. Fold flour into the batter using a rubber spatula. Lastly, fold the dredged dates and walnuts.
5. Pour the batter to the prepared pan and spread evenly. Bake in the oven for 35 to 40 minutes when using a 9"x13" pan, and 15 minutes when cooked in a jelly roll pan. It should be done when you poke a toothpick through the middle and it comes out clean. The center would still be wet.
6. Cool completely before slicing into bars. Cool in the fridge for better sliceability.

NOTES

Baking pan: I always use a 9"x13" pan and the thickness of the bar is just perfect!

Dates: DO NOT use the pre-chopped ones that come in boxes because they are coated in sugar and will make your bars too sweet. It is tedious to chop 1 cup of dates, but it will be worth it! My first batch was super sweet.



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This recipe was adapted an article in the Manila Bulletin newspaper. It was featured on [Gourmeted.com](http://gourmeted.com) in December 12, 2007:

<http://gourmeted.com/2007/12/12/food-for-the-gods> Please email us at gourmeted@gmail.com if you have questions. Enjoy and happy baking!

Cutting: Resist the urge to eat it just minute out of the oven. Patience! Let it cool completely and cut into bars. If you have a hard plastic spatula, that's perfect for cutting because it won't be as sticky as when you use a knife. You can also chill in the refrigerator for 15-30 minutes before cutting. You can also use a dough cutter or pizza cutter to slice these.

Wrapping/Packaging:

Traditionally, the bars (about 2"x4") are wrapped in aluminum foil--yes, individually. Then it's wrapped in cellophane, and put in boxes or plastic containers.

Serving Suggestions: You can also cut 2"x2" squares and put them in cupcake liners if you're serving them at a party. They're sticky, chewy bars, so spare your guests the sticky fingers. They pair well with coffee or tea. Some people find it too "rich", so you can also serve them in smaller, more bite-size pieces.

ADULT Version: After taking it out of the oven, brush some brandy at the top. These are incredibly good as well.

Shelf Life: The question is--will it even last a day?! Hah. These are very shippable and will probably stay good for a little over a week, up to two weeks. If you're keeping them at home, stick them in the fridge and only take them out an hour before devouring them. They'll be perfectly chewy.



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