

Date Muffins

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Yield: 18 muffins

1 1/2 sticks (12 tablespoons) unsalted butter, room temperature
3 cups water
2 cups chopped, pitted dates
1 cup granulated sugar
1/2 cup packed dark brown syrup
1/3 cup molasses
1 cup cool water
2 large eggs
1 teaspoon pure vanilla extract
1 teaspoon Kosher salt
2 3/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground sugar
1/4 teaspoon ground cloves

Preparation Time: 30 minutes

Bake Time: 25 minutes

Preheat the oven to 375 degrees.

Butter 18 muffin cups and line with paper liners.

In a medium saucepan, bring three cups of water to a boil over medium heat. Put the chopped dates in a medium bowl and cover with the hot water. Let the dates soften, about 10 minutes.

In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and both sugars until light and fluffy, 5 to 8 minutes.

Add the cool water, molasses, eggs, vanilla and salt. Beat briefly to combine (the mixture might look curdled and runny).

In another medium bowl, sift together the flour, baking soda, cinnamon, ginger and cloves. Add the dry ingredients to the wet ingredients and stir until just combined (do not overmix).

Drain the dates, discarding the liquid. Spread them out on a baking sheet to cool. Flatten the dates with the back of a spoon to crush any larger pieces. When cooled, stir the dates into the batter.

Divide the batter among the muffin cups, filling them almost to the top.

Bake in the middle of the oven until the muffins are golden brown and spring back when gently pressed, 20 to 27 minutes.

Let cool for 10 minutes in the pan, then transfer the muffins to a rack to cool completely.

Per Serving (excluding unknown items): 3688 Calories; 152g Fat (36.7% calories from fat); 50g Protein; 540g Carbohydrate; 11g Dietary Fiber; 796mg Cholesterol; 3377mg Sodium. Exchanges: 17 1/2 Grain(Starch); 1 1/2 Lean Meat; 28 1/2 Fat; 18 1/2 Other Carbohydrates.