



SPICED STICKY DATE DANISH WITH VANILLA CUSTARD



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Katy Brown



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- Sub Category Name
Food
Savory
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Used Teas



Exceptional Ceylon
Spice Chai

Ingredients

SPICED STICKY DATE DANISH WITH VANILLA CUSTARD



Danish Pastry

- 125g '00' flour, plus extra for dusting
- 125g plain flour
- 25g castor sugar
- 11g fresh yeast
- 75ml milk
- ½ large egg, beaten
- Extra beaten egg to glaze
- 125g butter, not fridge cold but not soft, cut into 8 even slices

Spiced Sticky Date

- 500g dried pitted dates
- 100ml water
- 250g brown sugar
- 50g butter
- 50ml cream
- ½ tsp ground ginger

Vanilla Bean Custard

- 1 cup milk
- ½ cup cream
- 3 egg yolks
- 2 tbsp sugar
- 2 tsp cornflour
- ½ vanilla bean, scraped

Methods and Directions

SPICED STICKY DATE DANISH WITH VANILLA CUSTARD

Danish Pastry

- Place all dry ingredients in a bowl. Make a well in the centre.
- Whisk together the yeast, egg and milk in a separate bowl.
- Pour into the well and mix to form a sticky dough.
- Turn dough out onto a clean bench and knead for 10 minutes till it's elastic and smooth. Place into a bowl and wrap in cling film. Leave in a warm place to double in size.
- Once proofed, roll out on a floured bench, lay the cold butter over 2/3 of the pastry.
- Fold the 1/3 pastry that doesn't have the butter on top.
- Rest in the fridge for 15 minutes, roll out again. Repeat the fold process to completely encase the butter in pastry. Repeat this step 3 times, resting 15 minutes in the fridge each time.



Spiced Sticky Date

- Place all the ingredients into a saucepan and bring to a boil.
- Once boiling, reduce heat and gently simmer till liquid reduces by half and becomes sticky and tacky.
- Remove from heat and set aside to cool a little.
- When just warm, mash to break up the dates.
- Chill till cold and set.

Vanilla Bean Custard

- Bring milk and cream to a boil. Remove from heat and pour into the creamed yolk mixture.
- Pour back into saucepan and gently cook to thicken.
- Remove from heat and set aside to cool.

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