

Dates

The healthy, versatile and irresistible sweet delicacy from the lands of the Arabian Nights



Dates enjoy a good reputation as a delicious and nourishing fruit; they are a rich source of **easily digestible fructose as well as protein, minerals and fibre**. Dried dates score particularly high with their rich proportion of magnesium, phosphorus and calcium.

Swapping cane sugar for dates, date syrup or paste brings nutrient-dense sweetness!

Dates are an ideal sweet snack and can also be combined with other foods for more savoury treats, such as the classic bacon-wrapped dates. They are also very **popular in the field of sports nutrition due to their energy-boosting qualities – ideal for athletes or anyone who struggles to get going in morning**.

Dates are used and appreciated in a wide range of additional applications.

We stock all varieties and versions in both standard and organic forms.



Medjool Dates

Origin: Israel, Jordan – The queen of date varieties, it is distinguished by its **impressive size and delicate caramel taste**. It has a soft flesh and is sold only as a whole date complete with the stone.



Deglet Nour Dates

Origin: North Africa – Meaning “finger of light”, the Deglet Nour is the **most famous of the semi-solid date varieties**. It is characterised by its elegant shape, amber colour and delicious taste.



The Deglet Nour is significantly smaller than the Medjool date and has a firmer flesh which means it can be pitted without losing its shape.

In terms of taste, it has a delicate sweetness.

Aseel Date

Origin: Pakistan – The Aseel date is also a semi-solid variety. It is therefore similar to the Deglet Nour, **but smaller, less firm and fleshy**. It can be pitted, but loses its shape.

In terms of flavour, it is sweeter than the Deglet Nour.



Did you know...

Dates are also known as the “bread of the desert”, as dates and water only provide enough nutrients to survive in the desert.

Diced/chopped dates

Made from selected whole dates which are pitted, rolled and then chopped into pieces of 5-8 mm or 8-10 mm. To stop the pieces sticking to each other, they are usually coated in rice flour. **We can supply diced dates both with and WITHOUT rice flour.**

Applications: cakes, muffins, bread, bars, cream cheese, fillings, toppings, oriental dishes, muesli, porridge, bowls, salads, desserts



Date paste

To produce date paste, pitted whole dates are ground into a fine paste with a tough, firm consistency. The stone-free paste can be consumed on its own. **Its binding texture makes it ideal for fillings or as a binding agent in bars, etc.**

Applications: pastry fillings, cakes, protein bars, energy balls and much more.



Date purée

To produce date purée, pitted dates are boiled in water, ground and strained to create a **fine, viscous texture**. Its non-firm composition makes it ideal for:

Applications: fruit purées, compotes, jams and other preparations.



Date powder

To produce date powder, pitted and dried dates are finely ground and strained in three different steps. Date powder is an **excellent alternative sweetener** and is ideal for:

Applications: porridge preparations, chocolate/confectionery production, muesli, smoothies, pastries, yoghurt, protein bars, sweets, ice cream.



Date sprinkles

for extra crunch – a special touch for every product

Made from dried, pitted dates with no other additives. The small **crispy pieces add extra crunch** and a very special touch. They are ideal as a topping or added ingredient.

Applications: topping or ingredient for chocolate, bars, yoghurt, muesli, pastries, desserts and much more.



Date syrup

from squeeze bottle to IBC – we can meet every need

Date syrup is a concentrate of pure dates. The date juice is obtained by boiling and then filtering the dates. The syrup is concentrated but still fluid. **We can adjust the concentration to suit your requirements.** The syrup is a dark-brown/red colour and has a **wonderfully sweet, slightly caramel flavour**. It is ideal for:

Applications: alternative sweetener for cooking or baking, for yoghurt, muesli, porridge, drinks, as a topping for desserts as well as for marinades, dressings or as a coating for nuts, bars, chocolate/confectionery.



We would gladly provide you with further information and samples.

Please call: Birte Marquardt | +49 421 5239-47397 |
birte.marquardt@lamotte-food.de

Auf dem Dreieck 3 | 28197 Bremen

Phone +49 421 5239-470 info@lamotte-food.de
Fax +49 421 5239-47199 www.lamotte-food.de