



Sauteed Medjool Dates

6-9 Medjool dates

1 tablespoon extra virgin olive oil, use the best you have

Fleur de sel, Falk Salt or other flaky sea salt

With a sharp knife cut the tip off one end of each date. Gently remove pits. In a small pan, heat the olive oil. Add the dates and toss to coat. Saute the dates until they just begin to brown and are warmed through, about 2 minutes. With a slotted spoon, remove dates to serving platter. Drizzle with a bit of the warm olive oil and generously sprinkle with fleur de sel or falk salt. Serve immediately.