



Moroccan Fruit 'n Nut Bonbons

Recipe inspired by Chef Elizabeth Falkner

2 Tablespoons lukewarm milk or unsweetened almond milk

Pinch saffron threads

1/4 cup sliced roasted almonds

1/3 cup shelled pistachios

1/3 cup chopped walnuts

8 ounces mixed moist pitted favorite dried fruit, chopped (date, figs, apricots)

1/2 tablespoon chopped candied ginger

1/2 tablespoon honey, optional

1/4 to 1/2 teaspoon finely grated orange zest

1/8 teaspoon cinnamon

Pinch ground cardamom

Pinch teaspoon salt

To Infuse the Saffron: Place lukewarm milk or unsweetened almond milk in small container; mix in pinch of saffron threads; set aside (away from any strong-smelling ingredients); cover; let sit to infuse the liquid for about 1 hour. Stir before using.

To Roast the Almonds: Preheat the oven to 350°F. Spread the sliced almonds on a baking sheet and toast for about 4 minutes, until golden. Let the almonds cool completely. Set aside.

Prepare the Bonbons:

In a food processor, grind the pistachios to a coarse powder. Transfer the pistachio powder to a plate; set aside.

Add the toasted almonds to the processor and grind to a coarse powder.

Add walnuts, soft chopped dried fruits, candied ginger, honey, orange zest, cinnamon, cardamom, salt, and saffron infused milk; process mixture into a paste.

Scoop about 2 tablespoon dried fruit mixture and roll into balls. Then roll the balls in the pistachio powder to coat them completely. Yield: about 14

Place Dried Fruit 'n Nut Bonbons on serving platter. For more servings, double the recipe or make smaller balls. The original recipe stated that they can be stored in an airtight container for up to 2 weeks, but I stored our bonbons in a covered container in the refrigerator.

Cook's Note: I added some saffron since it has various medicinal and health benefits. Saffron also enhances the color and taste. We also enjoy candied ginger and lots of dried Moroccan fruits, so we substituted our favorites. I made half the recipe for a sweet after dinner treat.

Recipe Inspired by: Chef Elizabeth Falkner, For the original recipes see: <https://www.foodandwine.com/recipes/moroccan-date-bonbons>

About the Recipe: This is an energy boosting, sweet spicy snack made with lots of almonds, walnuts, and pistachios. I combined our favorite dried fruits: figs, dates, and apricots. We gave it a burst of Moroccan saffron, but that is an optional ingredient. This snack will “fill the bill” whenever you need a quick pick-me-up.

About the Chef:

Chef Elizabeth Falkner was born in San Francisco, grew up in Los Angeles and worked her way up working in San Francisco kitchens from 1990's through 2011. She has owned and opened several restaurants in San Francisco and then as an executive chef in New York through 2014. Today she does recipe development, consults, and collaborates on numerous products and brands. She is an inspiring public speaker appearing across the country as well as in Canada, Spain, and China.

Chef Falkner has appeared on over 40 of the television cooking competition programs on *Food Network*, *Cooking Channel*, and *Bravo*, *NBC*, as well as made appearances on many other shows. She has appeared in many food magazines, has received multiple awards, as well as a nomination for a James Beard Award (2005), and served as the president of Women Chefs & Restaurateurs from April 2014 to April 2015 and in

January 2019 through January 2020, when she and the board voted to evolve into a division of the Women's' Leadership Programming at the Beard Foundation.

For More Information See:

<https://www.lafoodbank.org/programs/chefs-circle/elizabeth-falkner/>