

Olive Oil Sautéed Date Ice Cream Sundaes



By Ashley Alexander

Ice cream sundae - with a twist! This elegant dessert brings together just a few high-quality ingredients to create something truly memorable. It's beautifully simple and hits all the right notes - sweet, salty, creamy, chewy, and just a little unexpected. Don't skip the olive oil drizzle at the end - a fruity, grassy extra virgin olive oil elevates the dish and balances the sweetness perfectly.

SERVES 2 | **PREP TIME** 5 minutes | **COOK TIME** 5 minutes | **TOTAL TIME** 10 minutes

INGREDIENTS

- 6 large Medjool dates, pitted and opened out flat
- 1 tablespoon extra virgin olive oil (I've used GAEA Classic Authentic Extra Virgin Olive Oil)
- 2 large scoops good-quality vanilla ice cream
- 1 1/2 tablespoons finely chopped dark chocolate
- Extra virgin olive oil (I've used GAEA Planet Organic Extra Virgin Olive Oil), for drizzling
- Flaky sea salt, for sprinkling

METHOD

1. Place a small saucepan over medium heat and add a drizzle of extra virgin olive oil.
2. Add the Medjool dates to the pan, cut side down. Sauté until the edges are gorgeously caramelised and chewy. Remove from the heat and set aside.
3. To serve, arrange three dates on each serving plate. Top with a scoop of vanilla ice cream, a sprinkle of finely chopped dark chocolate, a small pinch of flaky sea salt, and a generous drizzle of extra virgin olive oil.
4. Serve immediately and enjoy.

NOTES

Make sure your dates are soft and plump - older, drier dates won't caramelize as well.

This recipe is so simple and all about contrasts: hot/cold, sweet/salty, chewy/creamy - so use the best-quality ingredients you can.

Don't skip the olive oil drizzle at the end! A fruity, grassy extra virgin olive oil elevates the dessert and balances the sweetness beautifully.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/olive-oil-sauteed-date-ice-cream-sundaes>

Let me know if you make the recipe! x **@gatherandfeast**