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# Prunes for Family Meals and Snacks

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Dried prunes are made by removing most of the water from fresh plums. They are rich with natural fruit sugar, which is an excellent source of energy, and they are also rich in iron.

The dried prunes now being distributed in the Oregon Abundant Food Centers are packed in one-pound "visi pak" bags. The prunes may be medium or large sized, Grade B or better.

Store prunes in a cool, dry place. To keep prunes moist and tender, store them in the refrigerator in their "visi pak" bags or in an air-tight container such as a fruit jar.

Serve cooked prunes in their own juice for breakfast or dessert, or use cooked prunes in pies, cakes, cookies, and salads. Prunes are also good as snacks or treats.

## Cooking Prunes

- 1 pound (about 2 $\frac{3}{4}$  cups) dried prunes
- 4 cups water
- $\frac{1}{4}$ - $\frac{1}{2}$  cup sugar, if you like

Put prunes and water in pan. Bring water to boiling. Lower heat and continue cooking until prunes are tender, about 20 minutes. Add sugar, if you like. Cool prunes in the liquid. Makes 8 servings, about  $\frac{1}{2}$  cup each.

If prunes are to be used in recipes: Prepare as above, but cook for only 10 minutes. Do not add sugar. One pound of cooked dried prunes makes about 2 cups of finely chopped pitted prunes, or about 3 cups of coarsely cut-up pitted prunes.

## Prune Shortcake

- 2 cups cooked prunes
- 1 teaspoon cinnamon (may omit)
- Baking powder biscuits

Remove pits from prunes, add cinnamon, and serve hot on biscuits. Serves 6.

## Muffins with Prunes

- 1 egg
- 1 cup fluid milk
- $\frac{1}{4}$  cup melted fat or oil
- 2 cups flour
- 1 tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  cup cut-up cooked prunes

Beat egg in a large bowl. Add milk and fat or oil. Mix flour, baking powder, salt, and sugar and add to the egg mixture. Add prunes and stir just enough to mix. Fill greased muffin tins two-thirds full. Bake at 400° F (hot oven) 20 to 25 minutes or until muffins are golden brown. Makes 12 muffins.

## Quick Prune Bread

- $\frac{1}{3}$  cup softened fat (shortening, margarine, or butter)
- $\frac{1}{2}$  cup sugar
- 2 eggs
- $\frac{3}{4}$  cup fluid milk
- 2 cups flour
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon baking powder
- 1 cup cut-up cooked prunes

In a large bowl, mix fat and sugar until smooth. Add eggs and beat well. Stir in half the milk. Mix flour, salt, and baking powder. Add half of the flour mixture to egg mixture and mix well. Stir in rest of milk and the flour mixture. Add prunes and mix well. Pour into a well-greased loaf pan. Bake at 350° F (moderate oven) 40 to 50 minutes, until lightly browned.

## Prune Fritters

- 2 eggs
- $\frac{3}{4}$  cup fluid milk
- 2 teaspoons melted fat or oil
- $1\frac{3}{4}$  cups flour
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons baking powder
- 1 cup cut-up cooked prunes
- Fat or oil for frying

Beat eggs in large bowl. Stir in milk. Add fat, flour, salt, and baking powder and mix well. Stir in prunes and mix well. Drop batter by teaspoonfuls into 1 inch of hot fat or oil in a fry pan. Fry until golden brown on all sides. Remove from fat and drain. Makes about 25 fritters.

## Spiced Prune Cake

- $\frac{1}{2}$  cup softened fat (shortening, margarine, or butter)
- 1 cup sugar
- 2 eggs
- $1\frac{1}{4}$  cups finely chopped cooked prunes
- $1\frac{1}{2}$  cups flour
- 1 tablespoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{3}{4}$  teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg, if you like
- $\frac{1}{2}$  cup fluid milk

In a large bowl, beat fat and sugar until smooth. Add eggs and beat well. Mix in prunes. Mix together flour, baking powder, baking soda, salt, cinnamon, and nutmeg, if used. Add half the flour mixture and half the milk mixture to the prune mixture and beat 300 strokes. Add the rest of the milk and the flour mixture and beat another 300 strokes. Fill greased baking pan half full. Bake at 350° F (moderate oven) 35 to 40 minutes, until cake springs back when touched.



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### Prune Bars

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|--|-----------------------------------|
| 2½ cups cut-up cooked prunes   | 1 cup brown sugar, packed         |
| ½ cup sugar  | 1½ cups flour                     |
| 1 cup prune liquid (from cooked prunes) or ½ cup orange juice, if you like | ½ teaspoon baking soda            |
| ¾ cup softened fat (shortening, margarine, or butter)                      | 1 teaspoon salt                   |
|  | 1½ cups quick-cooking rolled oats |

Mix cut-up prunes, sugar, and prune liquid in a large pan. Cook and stir over low heat until thickened, about 15 minutes. Cool. In a large bowl, mix fat and brown sugar together until smooth. Mix flour, baking soda, and salt together; add to the fat mixture and beat well. Add rolled oats and mix well. Put one-half of the oat mixture in the bottom of a large greased baking pan. Press down to cover bottom evenly. Spread prune mixture over the oat mixture. Sprinkle rest of oat mixture over prunes and pat lightly. Bake at 375° F (moderate oven) for 30 minutes or until lightly browned. Cut into bars. Cool before serving.

### Rice-Prune Dessert

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|-----------------------|------------------------------------|
| 2 cups water          | ¼ cup sugar                        |
| ½ cup uncooked rice   | ¾ cup warm water                   |
| ½ teaspoon salt       | 1 teaspoon vanilla                 |
| 1 tablespoon fat      | ½ cup finely chopped cooked prunes |
| ¾ cup nonfat dry milk |                                    |

Heat 2 cups water to boiling. Add rice, salt, and fat. Lower heat, cover pan, and cook for 30 minutes. Remove from heat. Mix dry milk and sugar, then stir into ¾ cup warm water until mixed. Add vanilla. Add milk mixture and the prunes to rice mixture and stir over low heat until heated through. Serve warm or cool. The dessert will thicken slightly when cooled. Makes 6 servings, about ⅔ cup each.

### Prune Upside-down Cake

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| 1 cup cooked prune halves              | 1 egg                     |
| ½ cup brown sugar, packed              | 1 cup flour               |
| ¼ cup melted fat (margarine or butter) | 1½ teaspoon baking powder |
| ½ cup sugar                            | ¼ teaspoon salt           |
| 3 tablespoons softened fat             | ½ cup fluid milk          |

Put prune halves in rows in a baking pan with the cut side up. Sprinkle the brown sugar and ¼ cup melted fat over the prunes. In a large bowl, beat the sugar and 3 tablespoons fat until smooth. Add egg and beat well. Mix flour, baking powder, and salt. Add half of the flour mixture and half of the milk to the egg mixture and beat well. Add the rest of the milk and the flour mixture and beat well. Pour batter over the prune mixture and spread evenly. Bake at 350° F (moderate oven) for 30 to 40 minutes, until cake springs back when touched. Loosen cake from sides of pan. Turn pan upside-down on a plate. After 5 minutes, remove pan from cake.

### Prune Corn Meal Pudding

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| 2 cups boiling water | ¼ cup sugar                |
| ½ teaspoon salt      | ¾ cup cornmeal             |
| ½ teaspoon cinnamon  | 1 cup cooked pitted prunes |
| ½ cup molasses       |                            |

Bring water to a brisk boil. Add the salt, cinnamon, molasses, and sugar. Add cornmeal gradually, stirring constantly. Add prunes and allow mixture to come to a boil again. Set pan in pan of boiling water or use a double boiler and continue cooking for 40 minutes. Serve warm with milk.

### Prune Pie

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| 2½ cups cut-up cooked prunes                    | Sprinkle salt                    |
| ½ cup sugar                                     | 1 tablespoon softened fat        |
| 4 tablespoons prune liquid (from cooked prunes) | Unbaked pastry for two-crust pie |

Mix all ingredients well. Put into *unbaked* pie crust. Cover with top crust. Bake at 425° F (hot oven) 30 minutes or until browned.

### Peanut-Prune Bars

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|--|------------------------------------|
| 1 cup flour                            | 1 cup sugar                        |
| ¼ teaspoon baking powder               | 2 eggs                             |
| ½ teaspoon salt                        | 1 cup chopped peanuts              |
| ¼ cup melted fat (margarine or butter) | 1 cup finely chopped cooked prunes |

Mix the flour, baking powder, and salt. Add the fat, sugar, and eggs and mix well. Mix in the peanuts and prunes. Fill greased baking pan half full. Bake at 350° F (moderate oven) for 25 to 30 minutes, until lightly browned. Cut into bars. Cool before serving.

### Peanut Butter-Prune Sandwich Spread

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| ¼ cup prune liquid (from cooked prunes) |
| 1 cup peanut butter                     |
| 1 cup finely chopped cooked prunes      |

Mix prune liquid and peanut butter until smooth. Add prunes and mix well. Makes 2 cups sandwich spread.

### Cereal Prune Dressing

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|-------------------------------------|--|
| ½ cup prunes                        | ¼ cup shortening                         |
| 6 cups cooked rice or cracked wheat | 4 tablespoons chopped onion              |
| 2 teaspoons sage                    | 1 cup liquid in which prunes were cooked |
| 2 teaspoons salt                    |  |
| ½ teaspoon pepper (may omit)        |  |

Boil prunes in water to cover until tender. Drain, pit, and slice (save liquid). Combine rice or cracked wheat with prunes, onion, sage, salt, and pepper. Add melted shortening and liquid. Mix thoroughly. Bake in a covered pan in a moderate oven (300° F) for 1 hour. Serve with any meat. Serves 8 to 10.