

Oregon Agricultural College Extension Service

PAUL V. MARIS

Director

OREGON AGRICULTURAL COLLEGE
21 MAR 1930

Cooperative Extension Work in Agriculture and Home Economics
Oregon Agricultural College and United States Department of Agriculture, Cooperating
Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914

The Value and Use of Prunes

By

JESSAMINE C. WILLIAMS,

Professor of Household Science

The prune is a fruit with high food value, and therefore deserves a more prominent place in the average diet than it now holds.

Oregon raises an abundance of prunes. The Oregon prune means the Italian prune, although the French or Petite prune is grown to some extent in the state. The Italian prune is larger, with a firmer meat or pulp, and is more tart than the Petite prune.

The aim of this bulletin is to suggest a few of the many possible ways of serving dried prunes in every-day meals.

THE FOOD VALUE OF PRUNES

1. Prunes are relatively high in energy. Four or five prunes are equal in energy to any one of the following: 1 medium-sized slice of bread, 1 medium-sized potato, 1½ average apple, 2 large heads of lettuce, 1 very large orange or banana, or ¾ cup cooked oatmeal. When sugar is added the energy value is greatly increased.

2. Prunes contain iron. The iron in 4 or 5 prunes equals that in any one of the following: 3½ slices of white bread, 3 large oranges, 2 large apples, 1 egg yolk, or 20 to 24 raisins. Iron is needed to build good blood and muscle. The lack of iron is not uncommon in the food of many families. Good meal planning will include economical iron-yielding foods, and the prune belongs in this list.

3. Other minerals, such as calcium (lime), phosphorus, etc., are also found in the prune, all of which are necessary for health.

4. Prunes contain vitamin B, essential to the health of children and adults.

5. Prunes are laxative. The soft, non-irritating pulp and skin furnish bulk and a gentle scraper to the digestive tract, while the mild acid also acts as a stimulant.

6. Prune pulp is valuable in infant feeding. A baby, a few months old, may be given a teaspoonful of strained stewed prune pulp or juice. The quantity may be increased gradually. Besides being a mild laxative, prunes supplement milk in its lack of iron.

7. Prunes are good for children. No better choice of cooked fruit can be made than stewed prunes as a breakfast fruit for any child. As a dessert, with cream or a plain cookie for variation they are equally good.

Prunes may be classed among the cheapest fruits. As sources of energy and minerals, prunes at 20 cents a pound are cheaper than apples at 4 cents or oranges at the lowest market price.

To summarize: The prune is a *wholesome, nutritious, economical* food because: (1) It supplies energy. (2) It is a good source of iron. (3) It contains other necessary minerals. (4) It contains vitamins. (5) It is a mild laxative. (6) It supplements the milk diet of infants. (7) It is a desirable fruit for all children.

HOW TO COOK PRUNES

Wash thoroughly. Soak in water to cover (from 10 to 24 hours), adding water if necessary. Simmer gently in the water used in soaking until as tender as possible. Add sugar, if desired, after the prunes are tender, and cook five minutes longer. Prunes are very satisfactory with no sugar added in the cooking.

1. Whole Wheat Prune Muffins.

1½ c whole wheat flour	1 c sour milk
¾ c white flour	1 t salt
2 T shortening (melted)	½ t soda
¼ c sugar	2 t baking powder
1 egg	¾ c prunes (cooked)

(Recipe makes 10 to 12 muffins.)

Sift dry ingredients, except soda. Stone and cut or chop the prunes. Add beaten egg, sour milk, to which soda is added, and melted fat to flour mixture. Stir and add prunes. Fill oiled muffin tins two-thirds full of batter. Bake in a moderate oven 25 minutes.

2. Prune Baking Powder Bread.

2½ c whole wheat flour	1 egg
¼ c sugar	1 c cooked prunes
5¾ t baking powder	1 c prune water and milk
1 t salt	2 T fat

Break egg into the mixing bowl. Beat it and add chopped prunes. Put the water drained from the prunes into a measuring cup, and fill up the cup with milk. Add this liquid to the egg and prune mixture. Sift dry ingredients. Add the liquid mixture and the melted fat. Turn into an oiled bread pan and bake in a moderate oven from 45 to 60 minutes.

3. Prune Gingerbread.

2 c flour	4 T fat
½ t salt	½ t cloves
¼ t soda	1 c thick sour milk
1 t cinnamon	½ c molasses
2 t ginger	½ c sugar
1 egg	½ c cooked prunes chopped
	2 T flour

Sift all dry ingredients except the sugar. Beat the egg in a mixing bowl. Add the sour milk, molasses, and sugar. Melt fat and add it to the molasses mixture. Add dry ingredients. Add prunes to batter and turn into an oiled shallow pan. Bake in a moderate oven 20 to 30 minutes.

4. Prune Brown Betty.

2 c soft bread crumbs	} ½ lemon (juice and grated rind) added to } 2 c prunes cooked, pitted and chopped or cut } ¾ c prune juice (varies with dryness of the bread crumbs)
¼ c butter	
½ c brown sugar (use ¾ c if prunes are unsweetened)	
½ t cinnamon	
½ t nutmeg	

Melt fat and stir into bread crumbs. Put layer of crumbs in oiled baking dish, then layer of prunes. Sprinkle part of the sugar and spices over the prunes. Repeat layers until dish is full, making the crumbs the top layer. Pour prune juice over the mixture and bake in a moderate oven 30 minutes. Cover during the first 15 minutes. Serve with hard sauce or with plain cream and sugar.

5. Spiced Prune Bread Pudding.

2 c milk (scalded)	2 T butter, melted
1 c stale bread crumbs	$\frac{1}{2}$ t cinnamon
2 egg yolks	$\frac{1}{2}$ t nutmeg
$\frac{1}{4}$ c sugar	1 c cooked prunes

Pit and chop or cut $\frac{3}{4}$ cup prunes; reserve the remainder, cut in halves, to put on the top. Pour scalded milk over bread crumbs, add beaten yolks, sugar mixed with spices, and melted butter. Pour mixture in an oiled baking dish and bake in a slow oven until firm. Spread top with halves of prunes and cover with a meringue made with the whites of the eggs. Serve hot or cold with a prune sauce or cream.

Prune Sauce.

1 c prune juice	$\frac{1}{2}$ c sugar and $\frac{1}{8}$ t cinnamon
$\frac{3}{4}$ T cornstarch mixed with	$\frac{3}{4}$ T butter

Pour juice into the cornstarch and sugar mixture. Boil until thick. Add butter. Serve with pudding.

6. Prune Pudding.

1 c cooked prunes (seeded and chopped)	1 t vanilla
$\frac{3}{4}$ c sugar	1 T butter, melted
1 c chopped nuts	3 crackers rolled fine or $\frac{1}{2}$ c dried bread crumbs
$\frac{1}{2}$ c milk or prune water	1 t baking powder
	$\frac{1}{2}$ t salt

Mix all the ingredients. Pour into an oiled baking dish. Place the baking dish in a pan of hot water. Bake in a moderate oven 20 minutes, or until mixture is firm. Serve hot or cold with plain or whipped cream. Recipe makes 5 servings.

7. Prune Cobbler.

Put stewed prunes, sweetened to taste, into a baking dish with juice sufficient to cover the fruit. Lay rich biscuit dough, slit open in the center, on top of the prunes. Brush top with milk or melted butter, and bake until crust is done through and browned. Serve hot as a pudding with or without cream.

8. Prune Steamed Graham Pudding.

$\frac{1}{2}$ c shortening	$1\frac{1}{2}$ c graham flour
$\frac{1}{2}$ c molasses	$\frac{1}{2}$ t soda
$\frac{1}{2}$ c milk	1 t salt
1 egg	1 c prunes, cooked, pitted, and chopped

Melt shortening; add molasses, milk, beaten egg, and dry ingredients (mixed and sifted). Flour prunes slightly and stir into mixture. Turn into an oiled pudding mold (or baking powder can), cover tightly, and steam $2\frac{1}{2}$ hours. Serve with Sterling Sauce.

9. Sterling Sauce.

$\frac{1}{4}$ c butter	1 t vanilla or $\frac{1}{2}$ t nutmeg
1 c brown sugar	2 T cream

Cream butter, add sugar gradually, add cream and flavoring very slowly.

10. Eggless Prune Fruit Cake.

$\frac{1}{2}$ c shortening	1 c prunes (cooked and chopped)
1 c sugar	1 t soda
1 c sour milk	2 t cinnamon
$2\frac{1}{2}$ c flour	$\frac{1}{2}$ t cloves
	$\frac{1}{2}$ t nutmeg

Use $\frac{1}{2}$ c flour to mix with the prunes. Mix like cake. Turn into a bread pan and bake in a slow oven 50 to 60 minutes.

11. Prune Cake.

$1\frac{1}{2}$ c sugar	$\frac{1}{2}$ t cloves
4 T melted fat	$\frac{3}{4}$ t allspice
3 egg yolks	$\frac{1}{2}$ t cinnamon
1 c chopped cooked prunes	$\frac{1}{2}$ t nutmeg
$\frac{3}{4}$ c prune juice	1 t soda
$2\frac{1}{2}$ c flour	1 t baking powder

Mix fruit, sugar, fat, juice, and beaten egg yolks together. Sift spices, soda, baking powder, and flour together and add to fruit mixtures. Stir only enough to mix thoroughly. Bake in moderate oven.

12. Prune Filling for Cake.

1 c prune pulp	2 T cornstarch
$\frac{3}{4}$ to $\frac{1}{2}$ c sugar	1 T lemon juice, and the grated rind of $\frac{1}{2}$ a lemon.

Press cooked prunes through sieve. Mix cornstarch and sugar together, add to prune pulp and cook mixture, stirring constantly until thick. Cook 10 minutes longer over water. Cool. Add lemon juice and rind. Spread between the layers of cake, or use as a filling for a jelly roll.

MENUS

I. Breakfasts

Cracked wheat — Cooked prunes stirred
in before serving
Toast — Bacon — Coffee

Home-made sausage
Apple sauce — Whole wheat
prune muffins
Coffee

II. Suppers

Vegetable milk chowder
Whole wheat bread — Butter
Prune Roly-Poly
Beverage

Baked vegetable and meat hash
Prune baking powder bread
Baked apples — Beverage

Scalloped macaroni and tomato
Apple, cauliflower, and nut salad
Rolled oats bread — Butter
Prune spice cake — Beverage

Creamed chicken on toast
Carrot cabbage salad — Toast
Stewed prunes — Sponge cake
Beverage

Potato-carrot-milk soup
Prune, cottage cheese, and nut salad
Whole wheat bread — Butter
Beverage

Baked beans — Cold-slaw
Steamed brown bread — Butter
Brown betty with cream
Beverage

III. Dinners

Meat loaf — Scalloped potatoes
Buttered carrots — Whole wheat bread
Butter — Prune pie
Beverage

Meat stew with vegetables and dumplings
Steamed graham prune pudding
Sterling sauce
Beverage

OTHER SUGGESTIONS FOR USING PRUNES

I. Stewed

With apricots.
With few slices of orange and a stick of cinnamon.
With figs.

II. Prunes with cereals.

1. Cooked, chopped prunes stirred into cooked cream of wheat, oatmeal, cracked wheat, hominy, rice, or other cereals.
2. Arrange a layer of left-over cereal in an oiled baking dish, then layer of cooked and stoned prunes, repeating until dish is full. Pour prune juice over the top and bake.

III. Prune yeast bread.

Substitute prunes for raisins in raisin bread recipe.
Prune sandwiches.

IV. Salads

1. Prunes and cold boiled ham.
2. Prunes with cottage cheese.
3. Prunes with plain cheese and nuts.
4. Prunes with marshmallows and nuts.
5. Prunes with apples and celery.
6. Prunes with oranges, bananas, and pineapple.
7. Prunes on slices of pineapple.

V. Desserts

1. Prune whip—custard sauce.
2. Prune rice pudding.
3. Prune gelatine pudding.
4. Prune tapioca.
5. Prune steamed suet pudding.
6. Stewed prunes with custard sauce.
7. Prune pie (two crusts).
8. Prune pie (one crust) with whipped cream or meringue.

VI. Miscellaneous

1. Stuffed prunes (as confections) using cheese and nuts, peanut butter, marmalade, or fondant.
2. Glazed prunes.
3. Prune conserve.
4. Prune pickle.
5. Prune stuffing for fowl.