



California Raisins

make picnics epic



Think raisins,
Think California



The Little California Raisin Story

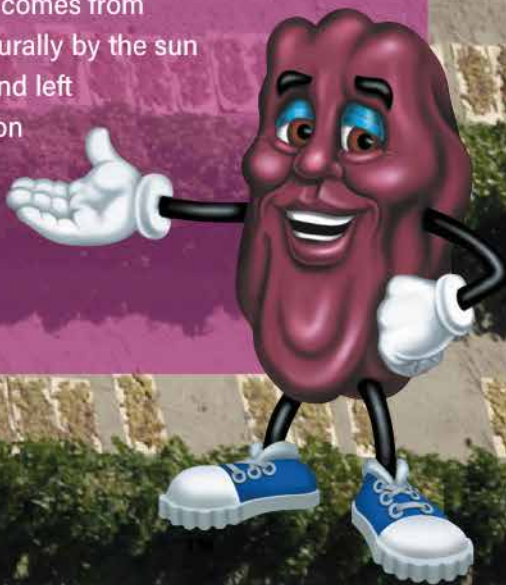


Many, many years ago in 1848 the California 'Gold Rush' made a few people rich, but the true richness of the state of California was yet to be discovered.

In 1873, California suffered a terrible drought where they had no rain for several months.

With no rain to feed the grapes they dried up and shrivelled on the vines. A clever man in San Francisco sold the dried-up grapes as 'Peruvian Delicacies' and the California Raisin was born. Raisins are simply naturally dried sweet grapes. Until medieval times, raisins were the second choice after honey, as a sweetener.

Lots of the world's supply of raisins comes from California. The raisins are dried naturally by the sun in the vineyards. They are picked and left to dry out in the sun for 3-4 weeks on paper trays. When the sun has turned them a dark brown colour, they are collected by hand, cleaned, packed and sent all over the world.





When is a Raisin not a Raisin ? When it's a Sultana?

Let's start at the beginning.

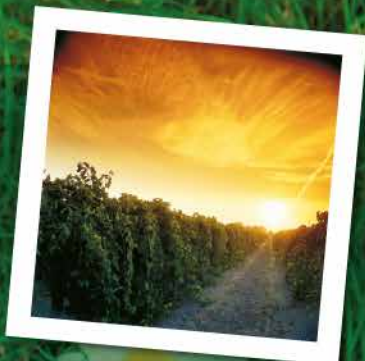
Simply put, raisins are grapes with the water removed. Sounds simple but it's true. However, producing the world's best raisins takes years of practice and dedication from California Raisin growers and packers in the San Quagin Valley Fresno, California.

California Raisins are typically dried grapes of the 'Vitis vinifera' naturally seedless varietal type and are dried only by the sun, whether on paper trays or on the vine, natural (sun-dried) seedless raisins include the Thompson Seedless and other cultivars such as Fiesta, Selma Pete, Zante Currant, Muscat, Monnuka and DOVine.

Raisins differ from sultanas because they are dried differently. California Raisins lie naturally in the sun for 3- 4 weeks, whilst Sultanas dry in the sun for 7-10 days and are dipped in a potash solution which speeds up the drying process. Because of the natural sun drying process in 40°C temperatures the distinctive blue/black colour of California Raisins is fixed. California Raisins also have slightly thicker skins which prevents them from disintegrating during manufacturing or when baked or cooked.

WHAT DOES A RAISIN CONTAIN?

- Vitamins
- Fibre
- Fructose & Glucose
- Antioxidants
- Phytochemicals
- Potassium
- Iron




These little gems contain some of the essential vitamins and minerals your body needs to stay healthy and a single tablespoon of California Raisins counts as one of your recommended 5 a day.

California Raisins provide natural energy for our bodies and are an excellent source of fibre. What's more they contain only naturally occurring sugars which are released into the body more slowly than added sugars.

They are a perfect snack and are convenient to eat almost anywhere.





More research revealed that certain substances in raisins have beneficial effects on practically every system in the body. Indeed, raisins have come to be known as a healthy snack food. So, the next time you crave for candies or chocolates, try eating raisins instead and take into consideration the following health benefits that they can offer.

Increases Your Supply of Energy

If you are an athlete or a bodybuilder who needs a good source of energy and something to bulk up your body to a certain weight, raisins are good for you because they are loaded with sugars, specifically fructose and glucose. Eating raisins also promotes the efficient absorption of vitamins, proteins and other nutrients in your body. Therefore, they also help in building up your immune system.

Aids Digestion

Upon ingestion, fibres in raisins swell as they absorb water, thus promoting a laxative effect and thereby relieving constipation. Regular intake of raisins helps in maintaining regular bowel movement, with the fibres sweeping away the toxins and waste materials from the gastrointestinal tract.

Enhances Mouth Health

Unlike candies, raisins contain oleanolic acid, which provides protection against cavities and tooth decay, and prevents the growth of harmful bacteria that can cause gingivitis and other periodontal diseases.





Enhances Bone Health

Raisins are a rich source of calcium, which is necessary to strengthen bones and teeth. A micronutrient that is abundant in raisins—boron—aids in calcium absorption and bone formation. If you are a postmenopausal woman, raisins are a good snack for you because the calcium and boron present in them help prevent the development of osteoporosis.

Body Acidity Reduction

The potassium and magnesium contents of raisins help reduce acidity (an abnormal metabolic condition known as acidosis) and remove toxins from the body, which may cause diseases such as arthritis, gout, kidney stones and heart disease.



California Raisins

*Great for your child's
well-being and fun too...*

Here are some great picnic ideas...

Crunchy California Raisin Coleslaw

INGREDIENTS

- 1 head cabbage, finely shredded
- 2 large carrots, finely shredded
- 3 tbsp onion, finely chopped
- 150 g cup California Raisins
- 1 large apple, finely chopped
- 50g chopped California Walnuts, toasted

Dressing

- 8 ozs mayonnaise
- 6 ozs sour cream
- 3 ozs honey
- 2 tbsp apple cider vinegar
- ½ tsp salt
- 1 tsp celery seed

METHOD

1. Heat a pan on medium. Add chopped walnuts and toast for 5 minutes. Stir frequently so they do not burn. Remove from heat and set aside.
2. Add shredded cabbage, shredded carrots, apple, raisins, and walnuts to a large bowl. Mix to incorporate. Set aside.
3. In a medium bowl, add the dressing ingredients and whisk until smooth.
4. Pour over cabbage mixture and stir together.
5. Refrigerate until ready to serve.





California Raisin Pinwheel Roll-up Sandwich

Serves 1

INGREDIENTS

- 1 tbsp fat-free cream cheese
- 1 low-fat whole wheat tortilla (10 inches)
- 25 g very thinly sliced turkey or ham
- 2 tsp honey mustard
- 25 g shredded carrots
- 2 tbsp California Raisins, chopped

METHOD

Spread cheese on one side of tortilla and layer with turkey. Spread honey mustard on top and sprinkle with shredded carrots and raisins. Roll up tightly and cut in half. Wrap and seal in cling film for later or serve immediately.



California Raisin Sunshine Snack Mix

California raisins, low fat granola, and candy-coated chocolates - a scrumptious mix.

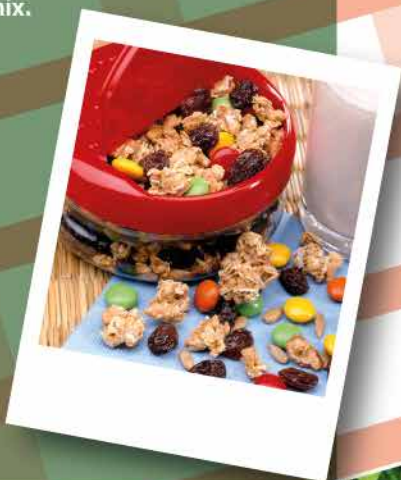
Serves 20

INGREDIENTS

- 400 g California Raisins
- 400 g low fat granola cereal
- 100 g candy-coated chocolate pieces like Smarties
- 100 g sunflower kernels

METHOD

In large bowl, combine all ingredients; mix well.



Seared Tuna with Couscous and California Raisins with Tomato and Onion Harissa Sauce

Serves 4

INGREDIENTS

- 2 tbsp olive oil
- 2 shallots, peeled and chopped
- 2 cloves, garlic peeled and chopped
- 1 bay leaf
- 30g California Raisins
- 2 tsp ground cumin
- 1 tsp soft light brown sugar
- 1 tbsp red wine vinegar
- 300 g couscous
- 500 ml fish stock

Tomato Sauce

- 500g vine tomatoes peeled and chopped
- 1 tbsp olive oil
- 1 carrot, peeled and chopped.
- 1 bayleaf
- 2 tbsp tomato puree
- 2 tbsp harissa paste
- Seasoning to taste
- 4 tuna steaks
- Olive oil to drizzle
- Coriander to garnish

*Great
to eat hot
or cold*





METHOD

To make tomato sauce

1. Heat the oil in a saucepan. Fry the carrot and onions for 2 minutes. Add garlic, bay leaf, tomatoes and tomato purée. Bring to boil, stirring.
2. Cover and simmer for 30 minutes until thick. Stir in harissa and seasoning to taste. Keep warm.

To make couscous

1. Heat the oil in a saucepan. Add shallot, garlic and bay leaf. Cook for 2 minutes. Stir in raisins, cumin, sugar and vinegar. Cook for 1 minute, stirring.
2. Add couscous and stir to blend well. Add the stock, stir, bring to the boil and simmer for 1 minute until stock has been absorbed.

To make tuna

1. Heat a griddle pan until hot. Sear tuna steaks for 2-3 minutes. Turn once to reveal sear marks and cook for a further 2-3 minutes.
2. Serve tuna steaks with couscous and tomato sauce. Drizzle with oil and garnish with fresh coriander.



Kids California Raisin Pizza

Serves 8

INGREDIENTS

Pizza Base

- 375 g to 450 g all purpose flour (may be part whole wheat flour)
- 40 g or 2 ¼ teaspoons fast rising dry yeast
- ½ tsp salt
- 240 ml very warm water (50°C to 55°C)
- 2 tbsp vegetable oil
- 1 tbsp corn starch
- Garlic powder

or 4 pre-made 8 inch pizza bases

Various toppings

California Raisins

Red, orange, yellow and green peppers

Sweetcorn, etc it's your choice

METHOD

Basic Pizza Crust

Prep time: 5-10 minutes

Baking time: 25 minutes

Makes 4 x 7 inch pizzas

1. In large bowl, combine 300 g flour, undissolved yeast and salt. Mix water and oil together; add to flour mixture. Stir until ingredients are blended. Add small amounts of additional flour until dough forms a rough ball and pulls away from sides of bowl.
2. Knead in bowl or on clean, lightly floured surface until dough is smooth, about 4 to 6 minutes. Divide into four even pieces, shape into smooth balls.
3. Place bowl over dough pieces and allow to rest 10 minutes.
4. Prepare toppings.

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5. Lightly oil baking sheets. Dust with flour. Use hands to pat dough pieces into flat round crusts on baking sheets so they are not touching. Pinch to form an edge.
6. Preheat the oven to 200°C.
7. With fork, prick the crust surface every few inches. Sprinkle with garlic powder.
8. Spread 80 ml sauce over base. Be creative with your kids and choose one of the following themes to create fun, healthy pizzas. Select 2-3 tablespoons toppings for desired themes such as Creepy Raisin Spider Pizza, California Beach Pizza and Smiley Face Pizza. Use approximately 25 g grated cheese per pizza. Repeat with remaining pizzas. Place on a baking sheet.
9. Bake at 200°C for 20 to 25 minutes or until crust is golden brown.

Or with pre-made pizza bases

1. Spread 80ml sauce over crust. Be creative with your kids and choose one of the following themes to create fun, healthy pizzas. Select 2-3 tbsp toppings for desired themes such as Creepy Raisin Spider Pizza, California Beach Pizza and Smiley Face Pizza. Use approximately 25g grated cheese per pizza. Repeat with remaining pizzas. Place on a baking tray.
2. Bake at 230°C for 12 to 15 minutes or until cheese is melted and crust is golden brown.



California Rocket Salad with Honey Prawns

Serves: 2

INGREDIENTS

- 2 carrots, peeled
- 100 g rocket, washed
- 1 tbsp vegetable oil
- 250 g uncooked king prawns, peeled
- 50 g pine nuts
- 1 tbsp clear honey
- 1 tbsp lemon juice
- 100 g California Raisins
- Chilli powder to sprinkle
- 2 tbsp roasted pumpkin seed oil
- ½ tbsp cider vinegar
- Salt and black pepper
- Fresh shavings of parmesan

METHOD

1. Cut the carrots into thin long strips. Mix in a bowl with the rocket, cover and chill.
2. Heat the oil in a frying pan. Add prawns and fry for 2 minutes, turning once, until pink. Stir in the pine nuts, honey, lemon juice and raisins. Remove from the heat. Sprinkle with chilli powder.
3. Place oil, cider vinegar, salt and pepper in a bowl. Whisk to blend.
4. Pour over rocket and carrots strips arranged on a serving plate. Top with honey prawn mix and fresh parmesan shavings.



Berry Berry Freeze

Serves: 8

INGREDIENTS

- 2 pints of sparkling water - chilled
- 500 ml raspberry sorbet
- 200 g California Raisins
- 200 g frozen raspberries
- 200 g frozen blueberries
- 200 g frozen blackberries
- 2 tbsp honey

PROCEDURE

1. Mix sparkling water and sorbet into blender and mix on low for 2 mins.
2. Add raisins, raspberries, blueberries, blackberries and honey and blend again for 3 minutes, or until smooth.
3. Pour into lolly moulds and freeze for 45 minutes or until frozen.





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