



from
California

Gluten-free recipes

with Sunsweet® Prunes



Tasty Recipes

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Starters/sides

Tortilla with California Prunes



Ingredients:

- 400 g potatoes
- 150 g Sunsweet prunes
- 1 fennel bulb
- 1 onion
- 8 large eggs
- 3 tbsp olive oil
- 5 tbsp milk
- Salt, pepper
- Cayenne pepper



Instructions:

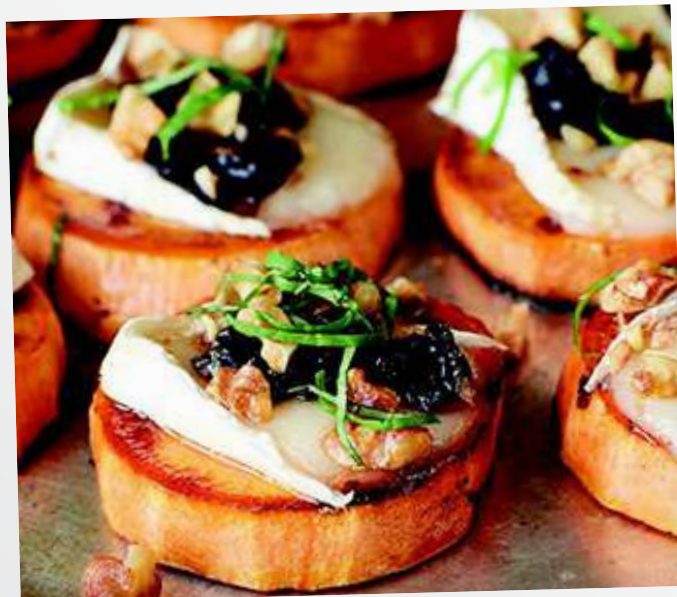
1. Skin potatoes, rinse and cut into thin slices. Peel onions and cut into fine strips. Clean fennel, placing fennel greens aside, rinse and cut into fine strips.
2. Heat olive oil on a non-stick pan. Braise potatoes, onion and fennel lightly for about 12-15 minutes and season with salt pepper.
3. Preheat the oven to 180°C (Gas: 2-3, Convection: 160°C). Whisk eggs and milk and season with salt, pepper and cayenne pepper. Pour over the potato mixture and fry until the bottom is golden brown. Place the prunes into the egg cream. Put the pan in the oven and bake tortilla for 10-15 minutes until the top is golden brown and the egg mixture sets.
4. Rinse fennel greens and chop roughly. Slide tortilla carefully off the pan on a chopping board and cut into small pieces. Sprinkle with fennel greens and serve.

Prune, Yam and Brie Crostini



Ingredients:

- 900 g sweet potato (about 2" diameter)
- 3 Tbsp extra virgin olive oil, divided
- Freshly ground sea salt and pepper to taste
- 100 g **SUNSWEET** prunes, coarsely chopped
- 1 Tbsp white balsamic vinegar
- 85 g brie, sliced 1/8" thick
- 3 Tbsp chopped walnuts, toasted
- Fresh basil, snipped



Instructions:

1. Preheat oven to 200°C and line a large baking sheet with foil.
2. Peel yams and cut into ½" thick slices. Spread 2 Tbsp oil on foil, place yams on top. Turn once or twice to coat both sides with oil, then season with salt and pepper. Roast for 15 minutes; turn slices over and roast for 10 minutes more or until lightly browned and soft.
3. While yams are cooking, stir together prunes, remaining oil and vinegar in a small bowl.
4. Top warm yams with equal amounts of cheese and prune mixture. Roast for 2 minutes more or until cheese is melted. Sprinkle with walnuts and basil.

Zucchini Fritters



Ingredients:

- 300 g zucchini
- Salt
- 150 g California prunes
- 2 red onions
- ½ bunch of basil
- ½ bunch of chives
- 80 g coconut flour
- 1 egg
- Salt & pepper
- Oil to fry



Instructions:

1. Coarsely grate zucchini, season with salt, and set aside for 10 minutes.
2. Dice prunes and onions. Cut basil into strips and chives into rings.
3. Squeeze zucchini vigorously with both hands to drain excess water. Place in a separate bowl. Add flour, egg, onions, basil, salt and pepper, and stir until mixture is smooth. Allow to stand for 10 minutes.
4. Heat oil in a pan. Drop heaping tablespoons of batter into hot oil and fry each side for about 2 minutes until golden brown. Drain on a kitchen towel and serve.

TIP:

A chive mayonnaise dip works well with this dish.

Savoury Prune Cheese Cookies with Chia Seeds



Ingredients:

- 125 g soft margarine (alternatively: butter)
- 1 heaped tsp. salt
- 1 medium-sized egg
- 75 g gluten-free light flour mixture
- 60 g chia seeds
- 1 level tsp. paprika powder
- ½ teaspoon baking soda
- 125 g Sunsweet prunes
- 80 g Parmesan cheese (alternatively: hard cheese)

In addition:

- 2 sheets of greaseproof paper

Instructions:

1. Line two baking trays with greaseproof paper. Preheat the oven to 160°C (convection oven 140°C).
2. Cream the margarine and salt with a hand mixer for 3 minutes until creamy. Add the egg and mix well for 1 minute. Mix the flour, chia, paprika powder and baking soda. Chop the prunes finely. Grate the cheese finely. Mix in the prunes and 60 g of the Parmesan.
3. Spoon small dollops with 2 teaspoons (each approx. 12 g) onto the baking tray leaving a small space between them and in doing so press them slightly flat. Sprinkle the remaining cheese on the cookies. Bake in the middle of the oven for 17-20 minutes until golden brown. Do not remove the cookies from the greaseproof paper until they have cooled.

TIP:

The cookies go well with red wine and grapes.

STORAGE:

In biscuit tins in layers between greaseproof or baking paper.





Dinner

Roast Duck with Kale Prunes Pomegranates and Parsley



Ingredients:

- 2.5-3 kg duck
- ¼ bunch of thyme
- Salt
- Black pepper
- 200 g kale
- 2 dl pomegranate seeds
- 2 oranges
- 150 g prunes
- ¼ bunch of flat-leaved parsley
- 1-2 tbsp olive oil
- 1-2 tbsp apple cider vinegar



Instructions:

1. Cut up the duck with a knife or a pair of scissors from the back and remove the back bone and wing tips.
2. Fold out the duck as a butterfly and put it on a baking tray with baking paper or on a griddle.
3. Finely chop the thyme and sprinkle it over the duck. Season with salt and pepper.
4. Roast the duck in a preheated oven at 100°C for 4 hours until the meat is tender.
5. Then grill the duck until golden and crisp.
6. Pick and rinse the kale carefully and let it drip off in a sieve.
7. Peel the oranges and remove the pith.
8. Slice the oranges and coarsely chop the parsley.
9. Mix the kale with orange slices, parsley, pomegranate seeds and prunes, add olive oil and vinegar, and season with salt and pepper.
10. Cut the duck into pieces and serve it with the salad.

TIP:

Red cabbage or Brussels sprouts can be used instead of kale.

Fruity Pilaf with Prunes and Chicken Skewers



Ingredients:

For the Chicken Skewers:

- You will need 4 metal skewers, at least 8 inches long
- 2 large free-range chicken breasts, skinned and cut into bite-sized pieces
- 100 ml natural yoghurt
- 1 tbsp turmeric
- ½ tsp chilli powder
- Juice of 1 lemon

For the Rice Pilaf:

- Large knob butter
- 1 medium onion, peeled, trimmed and finely chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp cumin seeds
- 120 g fast cook brown basmati rice
- 500 ml warmed chicken stock
- 6 ready-to-eat Prunes, roughly chopped
- Large handful shelled pistachio nuts, roughly chopped
- 2 tbsp fresh coriander, finely chopped
- 2 tbsp fresh parsley, finely chopped
- Salt & pepper, to taste



Instructions:

1. First prepare the chicken skewers. Mix together the yoghurt, turmeric, chilli powder and lemon juice.
2. Skewer ¼ of the chicken pieces onto each skewer, then place in a wide dish and cover with the marinade. Leave to one side while you prepare the rice.
3. In a large heavy-based pan, melt the butter over the low heat, add the onion, stir well, and leave to sautee until soft – about 5 minutes. Add the ground coriander, ground cumin and cumin seeds, and stir well for a moment to avoid sticking.
4. Add the rice, mix thoroughly with the onion mixture, and leave for half a minute before adding the stock.
5. Stir well, bring to the boil, then reduce the heat to low and cover with a tight-fitting lid (otherwise place a sheet of foil over the top of the pot and secure the lid down on this – this will give you a snug-fitting lid).

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Fruity Pilaf with Prunes and Chicken Skewers

Cont.

6. Leave to cook over the heat for 10 minutes, check to see if it needs more liquid, if it does add water, and then give it a further 5 minutes to sit, covered.
7. While the rice is cooking, turn your grill up to high, place the chicken skewers underneath, discarding any excess marinade.
8. Turn the skewers every 2 minutes or so, so that each side of the chicken cubes are evenly cooked through. When cooked, remove from the grill and set to one side.
9. Remove the lid from the rice, and quickly fluff up the rice with a fork.
10. Wait a moment for the steam to escape, then add the prunes, pistachio nuts and fresh herbs, and mix through well.
11. Spoon the rice into a large, wide serving bowl and place the chicken skewers on top. Eat immediately. Serve with a crisp green salad.



Grilled Chicken with Chipotle BBQ Glaze



Ingredients:

Chicken:

- 4 whole chicken legs or 8 skin-on, bone-in chicken thighs
- 2 garlic cloves, minced
- 1 Tbsp vegetable oil
- 2 tsp salt

Chipotle Barbecue Glaze:

- 1 Tbsp vegetable oil
- ½ medium yellow onion, sliced
- 1 garlic clove, minced
- 1 can (400 g) chopped plum tomatoes
- 2 Tbsp tinned or jarred chipotles in adobo
- 150 g **SUNSWEEET** prunes
- 120 ml water
- 1 tsp salt

Serving:

- Fresh corriander, chopped
- Lime wedges
- 600 g long-grain rice, cooked
- Corn tortillas



Instructions:

1. **Marinated chicken:** In a large bowl, mix together garlic, oil and salt. Add chicken and toss to coat. (Chicken can be refrigerated overnight; bring to room temperature before grilling)
2. **Glaze:** In a medium saucepan, heat oil over medium heat. Add onion and sweat, stirring occasionally, until they begin to brown, 5 minutes. Add garlic, tomatoes, chipotles, prunes, water and salt.
3. Bring to a boil. Lower to a simmer and gently cook for 15 minutes, stirring occasionally until prunes are soft. Let sit 5 minutes to cool slightly. In a blender or food processor, purée until smooth. (Makes 475 ml)
4. Preheat grill to medium heat. Set aside a bowl with 1 cup of chipotle barbecue glaze and a brush for glazing chicken.
5. Grill chicken on all sides, ensuring that skin is evenly browned and chicken is cooked through, about 30 minutes. Halfway through cooking, begin brushing chicken with the glaze, rotating the pieces and brushing with more glaze until all the glaze is used.
6. Serve with corriander, limes, rice and tortillas.

Pork Spiedini with Walnut and Cherry Soffritto



Ingredients:

- 680 g pork tenderloin
- 1 ½ tsp salt plus extra for seasoning
- ¼ tsp freshly ground pepper
- 40 g walnuts
- 3 garlic cloves
- 6 Tbsp extra virgin olive oil, plus extra for coating
- 30 g dried cherries, chopped
- 160 g **SUNSWEET** prunes
- 2 Tbsp fresh lemon juice
- 85 g rocket
- Lemon wedges, for serving



Instructions:

1. Slice pork into 1–1 ½” cubes. Season with pepper and 1 ¼ tsp salt then set aside.
2. Soffritto: Put walnuts in a food processor and pulse until chopped. Transfer to a small, heavy-bottomed saucepan and cover with the oil. Put garlic in the food processor and pulse until minced.
3. Gradually bring the oil and walnuts to a low simmer, stirring frequently until the walnuts start to brown, about 2 minutes. Stir in minced garlic, then turn off the heat and continue to stir as the garlic cooks in the oil, about 1 minute. Let cool to room temperature. Stir in cherries.
4. Spiedini: Turn on grill. While grill is heating up, prepare six skewers. Toss pork in olive oil to coat. Thread pork and two prunes per skewer. Sear pork over the hottest parts of the grill, then move to the side to continue to render the meat until cooked, but still juicy, about 8–10 minutes total.
5. Arrange a bed of arugula on a platter. Place skewers on top. Stir lemon juice and remaining ½ tsp salt into soffritto then spoon over the pork and arugula. Serve with lemon wedges.



Dessert

Chocolate Prune Tart with Walnut Cookie Crust



Ingredients:

Crust:

- 130 g gluten free flour
- 115 g sugar
- 40 g walnuts, finely chopped
- 85 g cold butter, cubed
- 1 egg

Filling:

- 150 g **SUNSWEET** prunes, chopped
- 80 ml heavy whipping cream
- 1 tsp vanilla extract
- 300 g bag bittersweet, milk or dark chocolate chips
- 230 g mascarpone cheese
- Whipped cream and chocolate shavings (optional)



Instructions:

1. Stir together flour, sugar and nuts in a large bowl. Add butter and mix with a pastry blender until butter is the size of small peas. Stir in the egg a little at a time, adding only until dough comes together.
2. Press evenly onto the bottom and sides of a 9" tart pan with a removable bottom and prick all over with a fork. Refrigerate for 1 hour.
3. Preheat oven to 180°C. Bake crust for 25–30 minutes or until golden brown. Remove and let cool.
4. In a medium saucepan over very low heat, melt cream, chocolate and vanilla together. Remove from heat and let cool slightly, then whisk in cheese.
5. Press prunes on the bottom of prepared crust, then spread chocolate filling evenly over the top. Cover and chill for at least 2 hours or until firm.
6. Cut into thin wedges and top each with a dollop of whipped cream and chocolate shavings, if desired.

Dense Chocolate Cake



Ingredients:

- 200 g dark chocolate
- 100 g butter, cubed
- 1 vanilla pod
- 5 eggs
- 1 pinch of salt
- 100 g sugar
- 150 g California prunes
- 3 tbsp. cocoa powder
- Confectioner's sugar for dusting

Other:

- Cake springform baking tin 24 cm



Instructions:

1. Preheat the oven to 160°C (convection oven 140°C). Line spring form with baking paper. Chop chocolate. Cut butter into cubes. Place both into a bowl and melt over hot water. Cut vanilla pod in half and scrape out the seeds.
2. Separate eggs and beat the egg whites, salt and sugar until stiff. Remove chocolate from water, allow to slightly cool, and then stir in the egg yolks. Stir in prunes, vanilla seeds, and cocoa powder, carefully fold in egg white.
3. Pour the cake mixture into the springform baking tin and bake for 40 minutes. Allow the cake to cool and serve dusted with confectioner's sugar.

Homemade Lemon Poppy Seed Cake



Ingredients:

- 150 g butter
- 140 g sugar
- 4 eggs
- 3 tbsp. lemon zest
- 6-7 tbsp. lemon juice
- Salt
- 1 tbsp. baking powder
- 200 g gluten-free flour
- 60 g almonds, ground
- 20 g poppy seeds, ground
- 250 g confectioner's sugar
- 80 g California prunes



Instructions:

1. Beat butter and sugar until fluffy. Gradually add eggs, and continue beating until eggs are completely absorbed by the butter. Add lemon zest, 3 tablespoons juice, and salt. Stir in baking powder, flour and almonds. Add poppy seeds and mix everything together.
2. Line a springform baking tin with baking paper and pour in the batter. Place in the preheated oven and bake at 170°C (convection oven 150°C) for about 35 minutes.
3. Meanwhile, for the icing, mix confectioner's sugar with remaining lemon juice and chopped prunes.
4. Allow cake to cool and then pour plum icing over the cake.

Luscious Prune Apple Tart



Ingredients:

- 150 g almonds, ground
- 1 tsp. baking powder
- 80 g coconut flakes
- 100 g cream cheese
- 7 tbsp. brown sugar
- 5 medium apples
- 100 g California prunes
- 80 g butter, thin slices



Instructions:

1. Combine almonds, baking powder, and coconut flakes with cream cheese and 3 tablespoons of sugar. Line tart dish with baking paper. Add the dough and press into place using fingers. Chill for 15 minutes.
2. Peel apples and cut into thin slices. Chop prunes. Add both apples and prunes to the dough and sprinkle with butter flakes and remaining sugar. Bake tart in a preheated oven for 25-30 minutes at 180°C (convection oven 160°C).

TIP:

Before serving, sprinkle with confectioner's sugar and cinnamon.



Smoothies

Prune Breakfast Detox Smoothie



Ingredients:

- Handful of rolled oats
- 1 banana
- Small handful of Prunes (about 4)
- 1 tsp honey
- Approx 20 g live yoghurt
- Tablespoon of chia seeds
- Approx 150 ml Skimmed / semi-skimmed milk
- Approx 150 ml Prune juice
- 1 tsp fresh root ginger
- Couple of lettuce leaves



Instructions:

1. Firstly, place the oats in the blender and blend until you have a fine powder.
2. Then add all the rest of the ingredients, except for the milk and the prune juice.
3. Add enough milk to go half-way up the glass, and top with enough prune juice to cover the solid ingredients.
4. Blend, adding more liquid to get your preferred consistency.

Prune Power Health Kick



Ingredients:

- ½ an avocado
- A small apple, peeled, cored, and roughly chopped
- A handful of spinach leaves, washed
- A tablespoon of honey
- The juice of ½ a lemon
- A knob of ginger, about 2cm long – peeled
- 300 ml Prune juice



Instructions:

1. Place all of the ingredients except for the ginger and the Prune juice, into the blender.
2. I like to grate my ginger with a fine grater, so if you have one I recommend you do the same; if you don't have one then simply chop the ginger as finely as you can and add it.
3. Pour in enough prune juice to barely cover the ingredients, then simply blend everything well.

Green Smoothie with Pineapple and Prunes



Ingredients:

- 100-125 g ready-to-use leaf spinach
- 1 small pineapple (approx. 400 g fruit flesh)
- 100-125 g Sunsweet prunes

Optional:

- 8-12 ice cubes
- 4 sprigs of fresh lemon balm

In addition:

- 4 large glasses
- 4 thick straws



Instructions:

1. Wash the spinach and leave to drain in a sieve. Quarter the pineapples, remove the core and cut the fruit from the skin. Chop the pineapple into rough pieces.
2. Put the spinach, pineapple and Sunsweet prunes into a blender. Add 300 ml water and purée until smooth. If necessary, add more water until the smoothie has a creamy consistency.
3. If desired, put 2 to 3 ice cubes in 4 large glasses. Divide the smoothie into portions. Garnish with lemon balm. Place straws in the glasses and serve.

VARIATION:

Mango is a good alternative to pineapple.

TIP:

A powerful blender makes the drink particularly creamy. A hand-held blender is not recommended. However, if only a hand-held blender is available, leave out the spinach if necessary.

