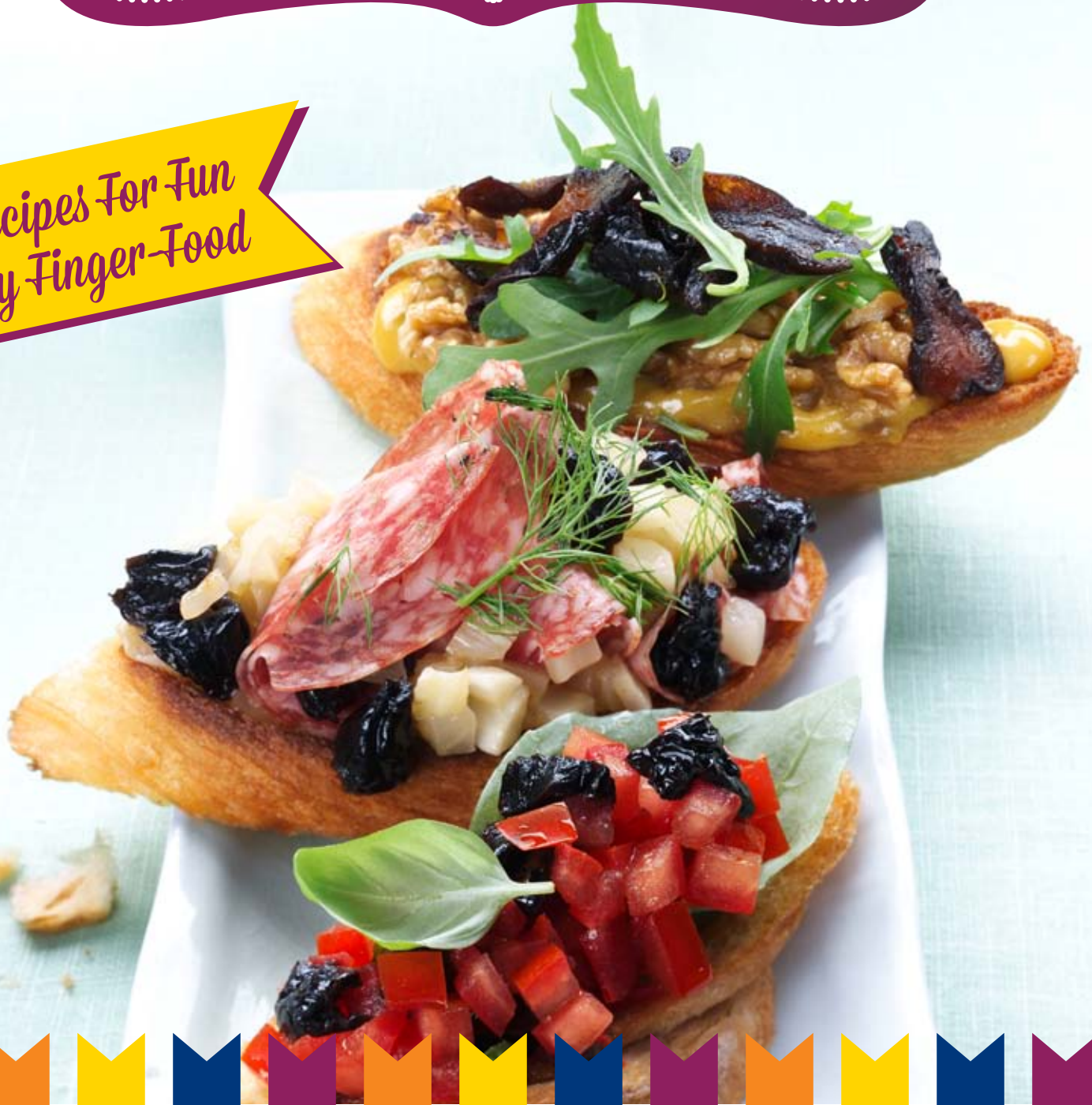


*California  
Prunes*



# Let's Party With Sunsweet® Prunes

*16 Recipes For Fun  
Party Finger-Food*



# Welcome

When it comes to deliciously simple party food, let yourself be inspired by **Sunsweet** prunes. Whatever the occasion - whether it's a fun-filled family get together, a few informal drinks with colleagues or a full-blown formal party – our unusual recipe ideas are sure to wow your guests. Enjoy selecting recipes from our Summer, Winter, Californian Brunch and Global Inspirations collections to create your perfect party menu. Deceptively quick and easy to make, lots of our scrumptious recipes can be prepped beforehand and many of them can be eaten with the fingers. That way, you won't have to spend your entire event in the kitchen. After all, the host should get to enjoy the party, too!



# Contents

## Party in Summer

- Crostini Trilogy with Prunes • 2
- Tortilla with Prunes • 3
- Avocado Pea Cream with Poultry Prune Skewers • 4
- Sushi with Prunes • 5
- Apple Prune Sorbet • 6
- Cinnamon Curd with Prunes • 7

## Party In Winter

- Camembert filled with Prunes and Truffle Oil • 8
- Gorgonzola Mousse with Prunes • 9
- Salad of Endives with Prunes and Chickpeas • 10
- Prune, Walnut and Stilton Tarts • 11
- Prune Philadelphia Torte • 12
- Chocolate Mousse with Prunes • 13



## Brunch California Style

- Avocado Pea Cream with Poultry Prune Skewers • 14
- Brownies with Prunes • 15
- Oat Muffins with Prunes and Hazelnut • 16
- Crostini Trilogy with Prunes • 17
- Salad of Endives with Prunes and Chickpeas • 18

## Party Kitchen From The World

- France:** Prune Clafoutis • 19
- France:** Camembert filled with Prunes and Truffle Oil • 20
- France:** Chocolate Mousse with Prunes • 21
- Spain:** Tortilla with Prunes • 22
- Japan:** Sushi with Prunes • 23
- Thailand:** Avocado Pea Cream with Poultry Prune Skewers • 24

## Nutritional Information

- Nutritional Information • 25

# Party in Summer

The very best summer parties are all about taking things easy. The pace should be slow, whether you're relaxing in the garden or at the beach. The food should be light, tasty and simple to make; like our refreshing sorbet and our super-healthy sushi. Why not prep our mouth-watering summer recipes in advance, leaving yourself free to chill out with your guests?

## Crostini Trilogy with Prunes



### Instructions

- 1 Cut baguette into 24 slices and arrange on a baking sheet. Brush the slices with olive oil and roast until golden in the preheated oven grill.
- 2 Wash tomatoes and dice finely removing the seeds. Dice the prunes. Mix tomatoes and prunes with olive oil and balsamic vinegar, season with salt and pepper. Mix in a few basil leaves. Spread on one-third of the baguette slices.
- 3 Brush one third of the baguette slices with honey mustard and sprinkle with chopped walnut halves. Rinse rocket, clean and shake dry. Cut prunes into slices. Top baguette slices with rocket and prunes.
- 4 Clean fennel, rinse and dice finely. Heat olive oil on a non-stick frying pan and sear fennel for a few seconds. Add orange marmalade and toss with the fennel. Season with salt and cayenne pepper. Mix in chipped prunes. Top last third of baguette slices with fennel and salami and sprinkle with chopped fennel greens.

### Ingredients

1 baguette (ca. 300 g)  
Olive oil



#### With tomato:

2 tomatoes  
4 **Sunsweet** prunes  
2 tsp olive oil  
1-2 tsp balsamic vinegar  
salt, pepper  
basil leaves

#### With rocket salad:

4 **Sunsweet** prunes  
8 tsp Dijon honey mustard  
(alternatively: mix spicy mustard with some honey)  
8 walnut halves  
rocket salad leaves

#### With fennel:

50 g fennel (with green)  
40 g fennel salami  
4 **Sunsweet** prunes  
1 tbsp olive oil  
2 tbsp orange marmalade  
salt, cayenne pepper

## Tortilla with Prunes



### Ingredients

400 g potatoes  
150 g **Sunsweet** prunes  
1 fennel bulb  
1 onion  
8 eggs (L)  
3 tbsp olive oil  
5 tbsp milk  
salt, pepper  
cayenne pepper



### Instructions

- 1 Peel 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.



## Avocado Pea Cream with Poultry Prune Skewers



### Instructions

- 1 Peel shallots and dice. Heat oil in a pot and sauté shallots. Add peas and stock. Boil with lid on for approx. 15 minutes until soft. Halve avocados, remove stones and scoop flesh from the skin. Puree avocado, yoghurt and wasabi. Puree the peas inside the pot. Fold in the avocado cream and briefly heat while stirring. Season to taste with lime peel and juice, as well as salt.
- 2 Wash chicken breasts and dab dry. Cut meat into bite-sized pieces. Season with salt and pepper. Halve bacon along diagonally. Wrap every prune with one strip of bacon. Alternate placing the chicken pieces and dried prunes on dampened wooden skewers. Heat oil in a coated pan. Fry the skewers from all sides for approx. 8-10 minutes.
- 3 Serve the avocado cream alongside the poultry and prune skewers. Garnish with lime slices and cress.

### Ingredients

#### For the cream:

2 shallots  
1 tablespoon oil  
300 g frozen peas  
200 ml vegetable stock (Instant)  
2 ripe avocados  
150 g low-fat yoghurt  
2-3 tsp. wasabi paste



#### For seasoning:

grated peel and juice of 1 organic lime  
salt

#### For the skewers:

300 g chicken breast  
salt, pepper  
50 g bacon (lean, in thin strips)  
16 **Sunsweet** prunes (approx. 160 g)  
1 tablespoon oil

#### Additionally:

wood skewers  
add lime slices and some shiso cress to your taste

*Cook with confidence...When used in meat recipes, prunes not only enhance the natural flavour and texture of the meat, they add moisture.*



## Sushi with Prunes



### Ingredients

250 g sushi rice  
1 teaspoon sugar  
1/2 teaspoon salt  
50 ml rice vinegar  
1/2 small cucumber  
4 king prawns (cooked and peeled)  
8 **Sunsweet** prunes  
40 g smoked salmon in slices  
4 nori seaweed sheets  
4 pinches wasabi paste  
25 g pickled sushi ginger



### Also:

1 bamboo mat  
100 ml soy sauce

### Instructions

- 1 Wash rice thoroughly, rinse and bring to boil in 450 ml water. Reduce to simmer and cook covered for 10 minutes. Remove from heat and let it soak for 10 minutes. Pour rice into a bowl. Mix together sugar, salt and rice vinegar until dissolved. Pour the vinegar sauce over the rice, while constantly mixing the rice to help cool it.
- 2 Remove seeds from cucumber with spoon and cut cucumber into thin sticks. Cut prawns in half and chop 5 prunes into 20 quarters. Slice salmon to small strips and roll strips around 10 prune quarters.
- 3 Place seaweed sheet on a bamboo mat. Cover the nori sheets with 1/4 of prepared rice, pressing rice together with hands. Leave an inch of the seaweed bare at the top. Dab a pinch wasabi paste 5 cm apart on rice. Place 1/4 of sushi ginger, 2 cucumber sticks, 4 prawn halves and 5 prune quarters on top. With the help of the bamboo mat, roll the seaweed sheet into a log. Slice log into 8-10 pieces with sharp knife. Prepare another nori sheet in the same way.
- 4 Arrange the remaining two seaweed sheets with rice and wasabi. Instead of prawns, place the salmon wrapped prune quarters on top. Roll into log and slice into sushi pieces. Put the remaining three prunes in a mixing bowl and slowly puree with soy sauce. Serve sushi with prune soy sauce.

*Party with a clear conscience - prunes have a low glycemic load, and have virtually no fat.*

## Apple Prune Sorbet



### Ingredients

2 tart apples  
125 g **Sunsweet** prunes  
3 organic limes  
500 ml water  
2 tbsp coconut syrup  
1 medium egg white

### To garnish:

Add prunes as desired  
Lime zest  
Lemon balm



### Instructions

- 1 Cut apples into quarters, then remove the seeds, peel, and cut into pieces. Combine apples with the prunes in a large pot. Wash the limes. Grate 1 lime and put the lime zest aside. Squeeze the juice from all limes. Add the water and lime juice to the large pot. Simmer for about 15 minutes covered.
- 2 Puree everything with a hand blender in a pot. Then pour through a fine sieve. Stir in lime zest and coconut syrup. Let it cool.
- 3 Beat egg whites until stiff and stir. Pour it into the ice cream maker to freeze the sorbet.
- 4 Cool glasses in advance. Distribute sorbet into the glasses. Garnish with prunes, lime zest, and lemon. Serve immediately.

*Tip: If you don't have an ice cream maker, pour mixture into a bowl and freeze. Every now and then, stir vigorously into a creamy consistency.*





## Cinnamon Curd with Prunes



### Ingredients

150 g **Sunsweet** prunes  
2 tablespoons orange juice (freshly squeezed)  
20 g walnuts  
500 g low fat curd  
1 teaspoon cinnamon  
mint leaves



### Instructions

- 1 Place four prunes aside. Cut the remaining into strips and mix with orange juice.
- 2 Chop walnuts and roast in a pan without fat.
- 3 Mix curd with cinnamon. Work in walnuts and sliced prunes.
- 4 Fill curd into desert glasses.
- 5 Pierce the remaining prunes with a wooden skewer (e.g. Cocktail stick) and use to garnish the curd.
- 6 Top with mint leaves and serve.



What better way to spend a wintry evening than by gathering your friends and family around your fireside and offering them a feast of scrumptious comfort food? Prepare what you can ahead of time; like our luscious duo of mousses, one sweet and one savoury. And then let the deliciously rich aroma of fresh baking tempt your guests' taste buds, as they arrive.

## Camembert filled with Prunes and Truffle Oil



### Ingredients

1 small whole Camembert (approx 100g)

50g diced or chopped **Sunsweet** prunes

1 tsp truffle oil



### Instructions

- 1 Slice the Camembert in half horizontally.
- 2 Cover the base with the chopped or diced prune pieces.
- 3 Drizzle with truffle oil and replace the other half of the Camembert on top and press down gently.
- 4 Keep chilled until 2 hours before serving.



*Cook with confidence...Prunes complement the flavour of many dairy products including cream, yoghurt, creme fraiche, chevre, pecornio and fontina.*

## Gorgonzola Mousse with Prunes



### Ingredients

#### For the mousse:

150 g Gorgonzola  
250 g Mascarpone  
200 g low fat yogurt  
pepper from a mill  
1 pinch powdered aniseed  
lemon juice

#### Additionally:

125 ml white wine  
2 tablespoons plum jam  
2 teaspoon chili sauce  
150 g **Sunsweet** prunes  
1 celery stem  
20 g walnut kernels



### Instructions

- 1 Cut gorgonzola in small pieces and put in a bowl. Add mascarpone and yogurt, whisk until creamy in a blender. Season to taste with pepper, powdered aniseed and lemon juice. Fill in glasses and keep in refrigerator until needed.
- 2 Mix white wine with plum jam and chili sauce. Cut prunes in halves or quarters, add to sauce and store in a cool place.
- 3 Wash and clean celery, cut into very fine strips. Chop walnut kernels. Spread the prune sauce onto the gorgonzola mousse and garnish with celery and chopped walnuts. Serve with fresh baguette.

*Tip: To create a fancy garnish, cut the celery into very thin strips and put them in a bowl with ice cubes. This way, they start curling in a creative manner.*

## Salad of Endives with Prunes and Chickpeas



### Ingredients

3 tablespoon of sherry vinegar  
salt, pepper from a mill  
1/2-1 teaspoon cayenne pepper  
1 teaspoon sugar  
4 tablespoon of olive oil  
2 oranges  
150 g canned chickpeas  
200 g **Sunsweet** prunes  
2 endives  
200 g Camembert



### Instructions

- 1 Stir vinegar with salt, some freshly grounded pepper, cayenne pepper and sugar in a large bowl. Fold in the olive oil. Peel and fillet the oranges, keeping the juice. Mix the orange juice with the vinaigrette. Add chickpeas and prunes. Cover the bowl and let marinate in a cool place for approx. 30 minutes.
- 2 Clean and wash the endives, remove the leaves from the stem. If necessary, cut bigger leaves into smaller pieces. Cut Camembert in smaller pieces.
- 3 Fold endives and orange fillets casually into the chickpeas-prunes-mixture and season again to taste. Prepare the salad with the Camembert pieces.

## Prune, Walnut and Stilton Tarts



### Ingredients

500g puff pastry  
500g pack pork sausage meat  
4 **Sunsweet** prunes  
50g walnut pieces  
1 large eating apple  
100g stilton, crumbled



*Fat, carbohydrates  
and calories can be  
reduced when using  
prunes in recipes.*



### Instructions

- 1 Heat the oven to 200°C/ fan oven 180°C/ gas mark 6. Lightly grease 2 baking sheets.
- 2 Roll out the pastry on a lightly floured surface and cut out 4 x 15cm circles with a round cutter (or use a bowl to help with this). Transfer to the baking sheets.
- 3 Divide the sausage meat into 4 and with lightly floured hands mould each into a circle about 12cm in diameter. Place in the middle of each pastry circle. Brush the pastry on the outside of the sausage meat with a little milk.
- 4 Snip the prunes into small pieces with a pair of scissors and arrange on top of the sausage meat along with the walnuts.
- 5 Quarter the apple, remove the core then cut each quarter into 5 segments and arrange on top of the walnuts. Sprinkle with stilton.
- 6 Cook in the oven for 20 - 25 minutes until golden and the sausage is cooked through.

## Prune Philadelphia Torte



### Ingredients

#### For the crust:

150 g American chocolate cookies (ex. Oreos)  
80 g low-fat butter

#### For the prunes:

Juice from 1 orange  
Juice from 1 lemon  
200 g **Sunsweet** prunes

#### For the filling:

12 sheets of white gelatin  
700 g reduced-fat cream cheese  
250 g low-fat yogurt  
75 g sugar  
grated zest from 1 organic orange  
150 ml heavy cream  
30 g pistachios



### Instructions

- 1 Crumble the American chocolate cookies coarsely and then pulse in a food processor. Knead the butter and cookie mixture together. Place parchment paper at the bottom of the springform pan (24 cm diameter with the springform ring). Press the crust mixture into the bottom of the pan. Place the pan in the refrigerator for about 1 hour to cool.
- 2 Add the prunes, orange juice, and lemon juice in a saucepan and simmer for 1-2 minutes. Let it cool.
- 3 For the filling, soak the gelatin in cold water. Mix the cream cheese, yogurt, sugar, and orange zest together. Take the prunes with the liquid and pour it through a sieve, collecting the liquid. Heat up the liquid. Squeeze liquid out of gelatin, then add gelatin to the hot liquid and let it dissolve. Pour the liquid into the cream cheese batter and quickly stir. Let it cool until it slightly starts to harden. Beat heavy cream until stiff, and fold into the cream cheese mixture. Chop up the pistachios. Mix about 25 g pistachios into the cream cheese mixture.
- 4 Take 1/3 of the cream cheese mixture and spread the first layer on the bottom of the pan. Keep a couple of prunes for garnishing later, and put the rest on top of first layer. Put the remaining cream cheese mixture on top and spread it smoothly and evenly. Garnish the rest of the cake with the remaining prunes. Cool the torte about 3-4 hours in the refrigerator.
- 5 Just before serving, remove the springform ring and carefully lift the cake onto a plate. Sprinkle the remaining pistachios on top of the cake.

## Chocolate Mousse with Prunes



### Ingredients

175g **Sunsweet** prunes, chopped  
4 tablespoons Cointreau  
150g dark chocolate  
5 egg whites  
2 egg yolks  
1 orange rind, grated  
25g sugar



### Instructions

- 1 Allow the prunes to marinate for an hour in Cointreau.
- 2 Melt the chocolate in a saucepan.
- 3 Beat the egg whites until stiff, add sugar and continue to beat until you have a meringue texture.
- 4 Add the melted chocolate, orange zest and egg yolks, add the meringue gently.
- 5 Divide the prunes in 6 glasses and pour the chocolate mousse.
- 6 Leave in the fridge for at least an hour.

*Party well... prunes are a source of vitamin B6, which supports a healthy nervous system.*



# Brunch California Style

Long, lazy Sunday mornings... The perfect time to set aside the hustle and bustle of the working week and to simply relax with family and friends. Traditional Californian brunch parties start in the late morning and continue long into the afternoon. Bake brownies and muffins, the delicious smells will whet your guests' appetites on arrival, then pile your table with nibbles and drinks and let the day unfold.

## Avocado Pea Cream with Poultry Prune Skewers



### Ingredients

#### For the cream:

2 shallots  
1 tablespoon oil  
300 g frozen peas  
200 ml vegetable stock (Instant)  
2 ripe avocados  
150 g low-fat yoghurt  
2-3 tsp. wasabi paste

#### For seasoning:

grated peel and juice of 1 organic lime  
salt

#### For the skewers:

300 g chicken breast  
salt, pepper  
50 g bacon (lean, in thin strips)  
16 **Sunsweet** prunes (approx. 160 g)  
1 tablespoon oil

#### Additionally:

wood skewers  
add lime slices and some shiso cress to your taste

### Instructions

- 1 Peel shallots and dice. Heat oil in a pot and sauté shallots. Add peas and stock. Boil with lid on for approx. 15 minutes until soft. Halve avocados, remove stones and scoop flesh from the skin. Puree avocado, yoghurt and wasabi. Puree the peas inside the pot. Fold in the avocado cream and briefly heat while stirring. Season to taste with lime peel and juice, as well as salt.
- 2 Wash chicken breasts and dab dry. Cut meat into bite-sized pieces. Season with salt and pepper. Halve bacon along diagonally. Wrap every prune with one strip of bacon. Alternate placing the chicken pieces and dried prunes on dampened wooden skewers. Heat oil in a coated pan. Fry the skewers from all sides for approx. 8-10 minutes.
- 3 Serve the avocado cream alongside the poultry and prune skewers. Garnish with lime slices and cress.





# Brunch California Style

## Brownies with Prunes



### Ingredients

Square casserole, 20 cm large, 5 cm height

4 eggs

150 g sugar

150 g butter

250 g dark chocolate chips

120 g flour

A pinch of salt

½ vanilla bean

250 g chopped

**Sunsweet** prunes

Butter for the casserole



### Instructions

- 1 Grease and prepare the casserole with the baking paper.
- 2 Melt butter and chocolate over a bain-marie. Let it cool down a little and add sugar.
- 3 Add eggs, twice at a time, and vanilla.
- 4 Aggiungere le uova, due alla volta, e la vaniglia.
- 5 Sprinkle in the previously prepared mix of flour and salt, then add chopped prunes.
- 6 RPour the mixture in the casserole and bake in preheated oven at 170° C for about 30 minutes.

### Cooling and Testing

- 7 Remove from the oven and let it cool down before extracting from the casserole.
- 8 The brownies will have a superficial crust and will be innenrly soft and creamy.

# Brunch California Style

## Oat Muffins with Prunes and Hazelnuts



With thanks to the  
California Bakery, Milan,  
[www.californiabakery.it](http://www.californiabakery.it)

### Ingredients

175 g flour  
70 g caster sugar  
10 g Bak-bak  
5 g bicarbonate  
5 g salt  
125 g oat flakes  
175 g chopped **Sunsweet**  
prunes  
100 g chopped hazelnuts  
250 g buttermilk (or 200 ml  
milk + 50 ml apple vinegar)  
70 g melted butter  
50 g molasses  
1 lightly beaten egg  
1 yolk



### Instructions

#### Buttermilk

- 1 Mix milk and apple vinegar, let it ferment.

#### Mixture

- 2 Sift flour, sugar, bak-bak, bicarbonate and salt in a bowl. Add oats, chopped prunes and hazelnuts.
- 3 In another bowl beat buttermilk, butter, molasses and the egg, with a manual whisk.
- 4 Mix dry and wet ingredients and stir the compost until blended.
- 5 Divide the mixture in 12 muffin cups in a proper baking tray. Decorate with hazelnuts and chopped prunes.
- 6 Bake at 190°C for about 20-25 minutes, until muffins tops become golden brown and “bounce back” when touched.

# Brunch California Style

## Crostini Trilogy with Prunes



### Instructions

- 1 Cut baguette into 24 slices and arrange on a baking sheet. Brush the slices with olive oil and roast until golden in the preheated oven grill.
- 2 Wash tomatoes and dice finely removing the seeds. Dice the prunes. Mix tomatoes and prunes with olive oil and balsamic vinegar, season with salt and pepper. Mix in a few basil leaves. Spread on one-third of the baguette slices.
- 3 Brush one third of the baguette slices with honey mustard and sprinkle with chopped walnut halves. Rinse rocket, clean and shake dry. Cut prunes into slices. Top baguette slices with rocket and prunes.
- 4 Clean fennel, rinse and dice finely. Heat olive oil on a non-stick frying pan and sear fennel for a few seconds. Add orange marmalade and toss with the fennel. Season with salt and cayenne pepper. Mix in chipped prunes. Top last third of baguette slices with fennel and salami and sprinkle with chopped fennel greens.

### Ingredients

1 baguette (ca. 300 g)  
Olive oil



#### With tomato:

2 tomatoes  
4 **Sunsweet** prunes  
2 tsp olive oil  
1-2 tsp balsamic vinegar  
salt, pepper  
basil leaves

#### With rocket salad:

4 **Sunsweet** prunes  
8 tsp Dijon honey mustard  
(alternatively: mix spicy mustard  
with some honey)  
8 walnut halves  
rocket salad leaves

#### With fennel:

50 g fennel (with green)  
40 g fennel salami  
4 **Sunsweet** prunes  
1 tbsp olive oil  
2 tbsp orange marmalade  
salt, cayenne pepper

# Brunch California Style

## Salad of Endives with Prunes and Chickpeas



### Ingredients

3 tablespoon of sherry vinegar  
salt, pepper from a mill  
1/2-1 teaspoon cayenne pepper  
1 teaspoon sugar  
4 tablespoon of olive oil  
2 oranges  
150 g canned chickpeas  
200 g **Sunsweet** prunes  
2 endives  
200 g Camembert



### Instructions

- 1 Stir vinegar with salt, some freshly ground pepper, cayenne pepper and sugar in a large bowl. Fold in the olive oil. Peel and fillet the oranges, keeping the juice. Mix the orange juice with the vinaigrette. Add chickpeas and prunes. Cover the bowl and let marinate in a cool place for approx. 30 minutes.
- 2 Clean and wash the endives, remove the leaves from the stem. If necessary, cut bigger leaves into smaller pieces. Cut Camembert in smaller pieces.
- 3 Fold endives and orange fillets casually into the chickpeas-prunes-mixture and season again to taste. Prepare the salad with the Camembert pieces.

*Cook with confidence...  
Prunes not only add  
taste and texture to  
baked foods, they add  
minerals, fibre and  
are virtually fat free.*



# Party Kitchen from the World

Inspired by flavour combinations from around the world, these unusual recipe ideas are sure to be appreciated by your well-travelled party guests! No matter what the occasion for your party, these delicious and yet super simple recipes – from Thai chicken skewers to Spanish tortillas - will add an international twist to the celebrations.

## Prune Clafoutis



### Ingredients

200 g frozen raspberries (thawed)  
Juice from ½ lemon  
10 g **Sunsweet** prunes  
2 medium eggs  
25 g sugar  
60 g flour  
1 pinch of baking powder  
10 g vanilla sugar  
1 pinch of cinnamon  
Grated zest of ½ organic lemon  
125 ml low-fat milk

### In addition:

Some butter for the baking forms  
Add mint leaf as desired  
Confectioners' sugar for dusting  
30 g pistachios



### Instructions

- 1 Put raspberries through a sieve into a saucepan. Heat the lemon juice. Cut the prunes in half and add to the saucepan. Bring it to a slow boil and stir. Set aside.
- 2 Separate the eggs. Beat egg whites until stiff. Then add the sugar and beat the mixture. Mix the flour, baking powder, vanilla sugar, cinnamon, and lime zest in a bowl.
- 3 Gradually stir in the milk and beaten egg yolks to the flour mixture. Fold egg whites mixture into flour mixture. Brush the four flat, baking forms (approx. 12-13 cm diameter) with butter.
- 4 Distribute the raspberry-prune sauce in each of the 4 forms. Then pour the batter mixture over the sauce. Bake in a pre-heated oven at 180-200° C (Gas: 3, Convection: 160-180° C) for 15-20 minutes.
- 5 Add mint leaves on top and dust with confectioners' sugar. Serve immediately.

## Camembert filled with Prunes and Truffle Oil



From  
France

*Cook with confidence...  
Prunes blend  
perfectly with the  
intense flavour of  
(dark) chocolate.*



### Ingredients

1 small whole Camembert  
(approx 100g)

50g diced or chopped  
**Sunsweet** prunes

1 tsp truffle oil



### Instructions

- 1 Slice the Camembert in half horizontally.
- 2 Cover the base with the chopped or diced prune pieces.
- 3 Drizzle with truffle oil and replace the other half of the Camembert on top and press down gently.
- 4 Keep chilled until 2 hours before serving.

# Party Kitchen from the World

## Chocolate Mousse with Prunes



### Ingredients



- 175g **Sunsweet** prunes, chopped
- 4 tablespoons Cointreau
- 150g dark chocolate
- 5 egg whites
- 2 egg yolks
- 1 orange rind, grated
- 25g sugar

### Instructions



- 1 Allow the prunes to marinate for an hour in Cointreau.
- 2 Melt the chocolate in a saucepan.
- 3 Beat the egg whites until stiff, add sugar and continue to beat until you have a meringue texture.
- 4 Add the melted chocolate, orange zest and egg yolks, add the meringue gently.
- 5 Divide the prunes in 6 glasses and pour the chocolate mousse.
- 6 Leave in the fridge for at least an hour.



*Party well... prunes are a source of vitamin B6, which supports a healthy nervous system.*



# Party Kitchen from the World

## Tortilla with Prunes



### Ingredients

400 g potatoes  
150 g **Sunsweet** prunes  
1 fennel bulb  
1 onion  
8 eggs (L)  
3 tbsp olive oil  
5 tbsp milk  
salt, pepper  
cayenne pepper



### Instructions

- 1 Peel 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.

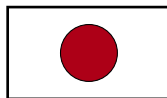
*Party with a clear conscience - prunes have a low glycemic load, and have virtually no fat.*





# Party Kitchen from the World

## Sushi with Prunes



### Ingredients

250 g sushi rice  
1 teaspoon sugar  
1/2 teaspoon salt  
50 ml rice vinegar  
1/2 small cucumber  
4 king prawns (cooked and peeled)  
8 **Sunsweet** prunes  
40 g smoked salmon in slices  
4 nori seaweed sheets  
4 pinches wasabi paste  
25 g pickled sushi ginger

### Also:

1 bamboo mat  
100 ml soy sauce



### Instructions

- 1 Wash rice thoroughly, rinse and bring to boil in 450 ml water. Reduce to simmer and cook covered for 10 minutes. Remove from heat and let it soak for 10 minutes. Pour rice into a bowl. Mix together sugar, salt and rice vinegar until dissolved. Pour the vinegar sauce over the rice, while constantly mixing the rice to help cool it.
- 2 Remove seeds from cucumber with spoon and cut cucumber into thin sticks. Cut prawns in half and chop 5 prunes into 20 quarters. Slice salmon to small strips and roll strips around 10 prune quarters.
- 3 Place seaweed sheet on a bamboo mat. Cover the nori sheets with 1/4 of prepared rice, pressing rice together with hands. Leave an inch of the seaweed bare at the top. Dab a pinch wasabi paste 5 cm apart on rice. Place 1/4 of sushi ginger, 2 cucumber sticks, 4 prawn halves and 5 prune quarters on top. With the help of the bamboo mat, roll the seaweed sheet into a log. Slice log into 8-10 pieces with sharp knife. Prepare another nori sheet in the same way.
- 4 Arrange the remaining two seaweed sheets with rice and wasabi. Instead of prawns, place the salmon wrapped prune quarters on top. Roll into log and slice into sushi pieces. Put the remaining three prunes in a mixing bowl and slowly puree with soy sauce. Serve sushi with prune soy sauce.

# Party Kitchen from the World

## Avocado Pea Cream with Poultry Prune Skewers



From  
Thailand

### Instructions

- 1 Peel shallots and dice. Heat oil in a pot and sauté shallots. Add peas and stock. Boil with lid on for approx. 15 minutes until soft. Halve avocados, remove stones and scoop flesh from the skin. Puree avocado, yoghurt and wasabi. Puree the peas inside the pot. Fold in the avocado cream and briefly heat while stirring. Season to taste with lime peel and juice, as well as salt.
- 2 Wash chicken breasts and dab dry. Cut meat into bite-sized pieces. Season with salt and pepper. Halve bacon along diagonally. Wrap every prune with one strip of bacon. Alternate placing the chicken pieces and dried prunes on dampened wooden skewers. Heat oil in a coated pan. Fry the skewers from all sides for approx. 8-10 minutes.
- 3 Serve the avocado cream alongside the poultry and prune skewers. Garnish with lime slices and cress.

### Ingredients

#### For the cream:

2 shallots  
1 tablespoon oil  
300 g frozen peas  
200 ml vegetable stock (Instant)  
2 ripe avocados  
150 g low-fat yoghurt  
2-3 tsp. wasabi paste



#### For seasoning:

grated peel and juice of 1 organic lime  
salt

#### For the skewers:

300 g chicken breast  
salt, pepper  
50 g bacon (lean, in thin strips)  
16 **Sunsweet** prunes (approx. 160 g)  
1 tablespoon oil

#### Additionally:

wood skewers  
add lime slices and some shiso cress to your taste

*Party knowing  
you're doing yourself  
good...prunes are an  
excellent source of  
vitamin K, potassium  
and fibre.*

# Nutrition Information

One Serving of 40g is approximately 5 prunes

Typical Values per	100g	40g
Energy	229 kcal / 968 kJ	92 kcal / 387 kJ
Fat	0.38 g	0.15 g
of which saturates	0.09 g	0.04 g
Carbohydrate	56.8g	22.7g
of which sugar	38.1g	15.3g
of which polyols	15.1 g	6.0 g
Fibre	7.1 g	2.8 g
Protein	2.18 g	0.87g
Salt	less than 0.01g	less than 0.01g

Vitamins & Minerals per	100g	40g	% RI
<b>Vitamin K</b>	59.5 µg	23.8 µg	79%
<b>Vitamin B6</b>	0.21 mg	0.08 mg	15%
<b>Potassium</b>	732 mg	292.8 mg	37%
<b>Copper</b>	0.28 mg	0.1 mg	28%
<b>Manganese</b>	0.3 mg	0.1 mg	15%



*Research has proven that prunes are good for digestion and help keep you regular, when 100g are eaten as part of a varied and balanced diet.*





*From  
California*

