



PREPARE TO BE
AMAZED!



Sunsweet® brings quality and innovation
to bakeries with versatile Plum Amazins™
Diced Dried Plums

SUNSWEEET
THE
Amazing™
PRUNE



Amazing For Baking

European bakers and pastry chefs have enjoyed baking with prunes for centuries. Not only are prunes excellent flavor contributors, they also add moisture and texture to everything from cakes to decadent compotes. Prunes offer a more unique flavor profile than raisins or cranberries, as well as more nutritional benefits.

Now Sunsweet® makes it even easier to add prunes to everything from artisanal breads to scones and cookies with new Plum Amazins™. *Plum Amazins* are the same *Sunsweet* prunes enjoyed throughout the world for their quality, but diced to be more convenient.





WE HOPE YOU ENJOY THIS COLLECTION OF ARTISANAL BREAD, DECADENT PASTRY, AND CONTEMPORARY DESSERT RECIPES. It showcases just a few of the countless ways to leverage healthful and delicious Plum Amazins™.





PLUM CHOCOLATE HEARTH BREAD

CHOCOLATE AND SOUR CHERRIES LEND DECADENCE TO THIS RUSTIC BREAD while Plum Amazins™ give it moisture and a hint of sweetness. The bread complements a wide number of cheeses, including cream cheeses, chèvre, Gruyère, and pecorino. For the best results, make the sponge a day ahead and refrigerate it overnight.

INGREDIENTS

SPONGE

Bread flour 300g / 2 cups
Unprocessed wheat bran 15g / 1/3 cup
Water 435g / 15 fl oz
Active dry yeast 4g / 1 tsp

DOUGH

Bread flour 310g / 2 1/4 cups
Cocoa powder 25g / 1/4 cup
Active dry yeast 4g / 1 tsp
Honey 70g / 3 1/2 Tbsp
Kosher salt 12g / 1 heaping Tbsp
Sunsweet® Plum Amazins 200g / 1 1/2 cups
Dried sour cherries 130g / 1 cup

INSTRUCTIONS

MAKES TWO 1LB LOAVES

- 1 To make the sponge: In a large bowl, whisk together the flour, bran, water, and yeast. Cover the bowl with plastic wrap and let sit at room temperature for 30 minutes. Refrigerate overnight. Bring the sponge to room temperature for at least 1 hour before mixing. Alternatively, after mixing the sponge, leave it at room temperature for at least 2 hours or as long as 6 hours before proceeding to the next step.
- 2 To make the dough: In a stand mixer fitted with the dough hook, combine the flour, cocoa powder, and yeast. Add the honey and sponge and mix until a coarse dough forms. Let the dough rest for 20 minutes.
- 3 Add the salt and mix on medium speed until the dough is smooth and pulls cleanly away from the sides of the bowl, about 5 minutes. Add the *Plum Amazins* and dried cherries and mix on low speed until the dried fruit is evenly distributed in the dough, about 2 minutes. Place the dough in a lightly oiled bowl, cover with plastic wrap or a lid, and let it rise at room temperature until doubled in volume, about 2 hours.
- 4 To shape the loaves: Dust a work surface with a thin layer of flour. Turn the dough out onto the surface and cut in half. For each half, place the cut sides of the dough facing down. Cup both hands around the dough and rotate clockwise, tucking the edges under with the sides of your palm until the dough forms into a ball. Dust the dough generously with flour and cover with a kitchen towel. Let the dough rest until the rounds have risen to the point at which they lightly spring back to the touch, about 1 hour.
- 5 About 30 minutes before baking, place a baking stone on the bottom rung of an oven and preheat oven to 500°F. Right before baking, mist the sides of the oven with water.
- 6 Uncover the dough. With a sharp paring knife, make one long cut about 1/2-inch deep down the center of each round and 2 to 3 small slashes on each side of the cut.
- 7 With a floured baking peel, slide the loaves onto the baking stone and bake for 5 minutes. Lower the oven to 350°F and bake until the crust takes on a deep brown color and feels firm and crisp to the touch and the bottom of the bread sounds hollow when thumped, about 40 more minutes. Transfer to a wire rack and cool completely.

PRUNE BRAN MUFFINS

IN THESE MOIST, WHOLESOME MUFFINS, Plum Amazins™ are used as a purée and in pieces. As a purée, *Plum Amazins* impart richness to the muffins in place of oil or butter. In pieces, *Plum Amazins* offer dynamic texture. Toasting unprocessed wheat bran gives the muffins a pleasant nutty flavor.



INGREDIENTS

Unprocessed wheat bran
100g / 2 cups
Orange, for juice and zest
240g / 1 each
Sunsweet® *Plum Amazins*
270g / 2 cups
All-purpose flour 95g / 3/4 cup
Baking soda 4g / 1 tsp
Kosher salt 2g / 1/2 tsp
Brown sugar 60g / 1/3 cup
Buttermilk 120g / 1/2 cup
Vegetable oil 110g / 1/2 cup
Eggs 100g / 2 each
Molasses 30g / 2 Tbsp

INSTRUCTIONS

MAKES 12 MUFFINS

- 1 Preheat oven to 350°F. Spread the bran on a baking sheet and bake until lightly toasted, about 10 minutes.
- 2 Zest the orange and set aside the zest. Cut the orange in half. In a small pot, squeeze the orange halves over 1 cup of *Plum Amazins*. Bring the pot to a simmer and remove from heat. Allow the *Plum Amazins* to absorb most of the orange juice, about 10 minutes. Using a food processor, purée the *Plum Amazins* and orange juice until the mixture forms a chunky paste.
- 3 In a small bowl, whisk together the flour, baking soda, and salt. In the bowl of a stand mixer fitted with a paddle attachment, mix the sugar, buttermilk, oil, eggs, molasses, and orange zest on medium speed. With the mixer on low, mix in the flour mixture and the bran. Fold in the prune purée and remaining 1 cup *Plum Amazins*.
- 4 Lightly oil the wells in a 12-well muffin tin or line it with paper liners. Using a 2oz ice cream scooper, portion the batter into the prepared wells, filling each 3/4ths of the way full. Bake until the tops are springy and a toothpick inserted into the center of a muffin comes out clean, about 18 minutes. Cool on wire racks for 5 minutes. Pop the muffins out of the tins and cool completely.

SALTED CHOCOLATE-PLUM SHORTBREAD COOKIES

THE COMBINATION OF BITTERSWEET CHOCOLATE AND PLUM AMAZINS™, ACCENTED BY FLECKS OF SEA SALT, MAKES THESE SOPHISTICATED BUTTERY COOKIES TRULY ADDICTIVE. The easy-to-make dough can be refrigerated for up to a week before baking, and it can be frozen for up to two months.



INGREDIENTS

All-purpose flour 230g / 1 3/4 cup
Cocoa powder 50g / 1/2 cup
Baking powder 3g / 3/4 tsp
Unsalted butter at room temperature 200g / 14 Tbsp
Sugar 145g / 3/4 cup
Vanilla extract 5g / 1 tsp
Sunsweet® Plum Amazins 135g / 1 cup
Bittersweet chocolate, coarsely chopped 113g / 4oz
Flake sea salt 3g / 3/4 tsp

INSTRUCTIONS

MAKES ABOUT 35 COOKIES

- 1 In a large bowl, sift the flour, cocoa, and baking powder together.
- 2 In a stand mixer fitted with a paddle attachment, cream the butter, sugar, and vanilla on medium speed until slightly fluffy, about 1 minute. Add the flour in 3 installments, stopping the mixer to scrape down the sides of the bowl in between additions. Add the *Plum Amazins*, chocolate, and salt and briefly mix until just incorporated.
- 3 On a lightly floured surface, divide the dough in half. Roll each half into a log about 1 1/2 inches in diameter. Wrap the logs in plastic wrap and refrigerate until firm, about 1 hour.
- 4 Preheat oven to 350°F. Line 2 baking sheets with parchment paper.
- 5 Cut the logs into 1/2-inch-thick rounds and arrange on the prepared baking sheets about 2 inches apart. Bake for 12 minutes or until baked through but still soft. Let cool on the baking sheets. The cookies will firm up as they cool. Repeat with remaining dough.



SICILIAN PRUNE PICNIC COOKIES

NUTS AND DRIED FRUIT COMPOSE MANY CLASSIC SOUTHERN ITALIAN SWEETS. The center of this cookie is a flavorful paste of Plum Amazins™, spices, and nuts blended together in the food processor. The cookie dough and prune purée can be made and refrigerated a few days in advance. Once baked, these cookies keep for several weeks in a tightly sealed tin.

INGREDIENTS

FILLING

Sunsweet® *Plum Amazins* 350g / 2 1/2 cups
Walnuts, lightly toasted 60g / 2/3 cup
Pecans, lightly toasted 60g / 2/3 cup
Brown sugar 45g / 1/4 cup
Lemon juice 25g / 2 Tbsp
Lemon zest 1g / 1 tsp
Nutmeg 1g / 1/4 tsp
Cinnamon 1g / 1/4 tsp
Cloves 1g / 1/4 tsp

DOUGH

All-purpose flour 540g / 4 cups
Baking soda 4g / 1 tsp
Kosher salt 4g / 1 tsp
Unsalted butter, softened 227g / 16 Tbsp
Sugar 190g / 1 cup
Egg 50g / 1 each
Vanilla extract 5g / 1 tsp
Whole milk 60g / 1/4 cup

EGG WASH

Egg, beaten with a splash of water 50g / 1 each

INSTRUCTIONS

MAKES ABOUT 90 COOKIES

- 1 To make the filling: In a food processor, blend the *Plum Amazins*, walnuts, pecans, brown sugar, lemon juice and zest, nutmeg, cinnamon, and cloves until the ingredients come together in a ball.
- 2 To make the dough: in a large bowl whisk together the flour and baking soda. In a stand mixer fitted with a paddle attachment, cream the butter and sugar on medium speed until slightly fluffy, about 1 minute. Add the egg and vanilla, mixing well between each addition. Reduce the mixer speed to low and mix in the milk. Gradually add the flour, stopping the mixer occasionally to scrape down the sides of the bowl.
- 3 Preheat oven to 400°F. Line a couple of baking sheets with parchment paper.
- 4 Turn the dough onto a lightly floured work surface and knead briefly until it comes together into a smooth ball. Cut the dough in half; refrigerate one piece as you work on the other. Roll the dough into a rectangle 12 inches long. Cut the rectangle into 2-inch wide strips. You will have about 6 strips.
- 5 With oiled hands, pinch off a piece of filling and roll it into a rope about 12 inches long and no more than 1/2-inch thick. Repeat until you have enough ropes for each strip of dough. Place the ropes in the center of the dough. Roll the dough around the filling so the filling is completely encased. Seal the edges and roll the dough firmly a few times. Cut the ropes into 2-inch pieces and place on the prepared baking sheets. Repeat with the remaining dough and filling.
- 6 Brush the tops of the cookies with egg wash.
. Bake until evenly brown on top, about 12 minutes. Transfer to wire racks and cool completely.

BRAZILIAN ROLLS WITH PRUNES AND GOAT CHEESE (PÃO DE QUEIJO)

MADE WITH TAPIOCA FLOUR, PÃO DE QUEIJO, AN ADDICTIVELY CHEWY BREAD FROM BRAZIL, IS NATURALLY GLUTEN FREE. This version incorporates Plum Amazins™ and goat cheese, yielding a delicious gluten-free breakfast roll. For a more savory roll, use grated Parmesan cheese instead of goat cheese. The batter is naturally sticky, but it firms up when chilled and can be refrigerated for up to a week.



INGREDIENTS

BATTER

Tapioca flour 250g / 2 cups
Kosher salt 4g / 1 tsp
Whole milk 240g / 1 cup
Vegetable oil 55g / 1/4 cup
Eggs 100g / 2 each
Fresh goat cheese 100g / 3.5 oz
Sunsweet® Plum Amazins 135g / 1 cup

EGG WASH

Egg, beaten with a splash of water
50g / 1 each

INSTRUCTIONS

MAKES 12 ROLLS

- 1 Arrange an oven so that one rack is in the center and preheat it to 375°F. Generously butter a 12-well muffin tin.
- 2 Place the tapioca flour and salt in the bowl of a stand mixer fitted with the paddle attachment. In a pot, bring the milk and oil to a boil. Pour the hot liquid over the tapioca flour and set aside until cool enough to touch, about 20 minutes.
- 3 Meanwhile, in a mixing bowl, whisk the eggs. Crumble the cheese into the eggs and stir to combine.
- 4 With mixer turned to low speed, gradually mix the milk and oil into the tapioca flour. Add half of the egg and cheese and mix until incorporated, stopping the mixer occasionally to scrape down the sides of the bowl. Add the remaining egg and cheese mixture and continue to mix until the dough is well blended with the exception of some small lumps of tapioca flour, about 5 minutes. Fold in the Plum Amazins.
- 5 Using an oiled 2oz ice cream scoop, portion the dough into the prepared muffin tin and brush with egg wash. Bake in the center of the oven, rotating the pan once, until golden brown, 15 to 20 minutes. If the tops don't brown, turn the oven to broil and broil for 1 minute. When the rolls are still hot, pop them out of the tins and onto cooling racks. Serve warm.

IRISH SODA BREAD WITH EARL GREY SOAKED PRUNES

PLUM AMAZINS™ SOAKED IN TEA ADDS AN ADDITIONAL FLAVOR dimension to this classic Irish soda bread. Here, the tannins in the tea draw out the sweet molasses flavor in the prunes. Serve this bread with jam and butter or Cheddar and honey.



INGREDIENTS

Black tea, brewed strong and cooled
213g / 1 cup
Sunsweet® Plum Amazins
200g / 1 1/2 cups
All-purpose flour 470g / 3 1/2 cups
Sugar 95g / 1/2 cup
Unprocessed wheat bran 15g / 1/3 cup
Baking powder 8g / 2 tsp
Baking soda 4g / 1 tsp
Kosher salt 4g / 1 tsp
Unsalted butter, cold and cubed
57g / 4 Tbsp
Buttermilk 230g / scant 1 cup
Egg 50g / 1 each

INSTRUCTIONS

MAKES 2 SODA BREADS

- 1 Pour the tea over the *Plum Amazins* and soak for 15 minutes. Drain well and pat dry.
- 2 Preheat oven to 375°F. Oil a baking sheet or line it with parchment paper.
- 3 In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. Using a pastry cutter or your hands, blend the unsalted butter into the flour until it forms a crumbly mixture.
- 4 In a liquid measuring cup or small bowl, whisk the buttermilk and egg together. Gradually stir the buttermilk into the flour and butter and mix just until a tacky dough forms. Gently fold the prunes into the dough.
- 5 Turn the dough onto a well-floured counter and knead until it is no longer sticky. Cut in half and pat each half into a round. Put the rounds on opposite ends of the prepared baking sheet. With a sharp knife, cut an X on the top of each round. Bake until the tops are golden brown, about 35 minutes. Transfer to a cooling rack. When the bread is cooling, brush salted butter on top.



CINNAMON-ORANGE PLUM BREAD

WHETHER SERVED ALONE OR USED IN FRENCH TOAST, THIS SPICE-SWIRLED BREAD IS IDEAL FOR BREAKFAST. Plum Amazins™ mixed directly into the dough naturally extend the shelf life of this bread. For the best results, make the sponge a day ahead and refrigerate it overnight.

INGREDIENTS

SPONGE

All-purpose flour 340g / 2 1/2 cups
Unprocessed wheat bran 15g / 1/3 cup
Water 405g / 1 3/4 cups
Active dry yeast 4g / 1 tsp

DOUGH

All-purpose flour 310g / 2 1/4 cups
Active dry yeast 3g / 1 tsp
Unsalted butter, softened 130g / 9 Tbsp
Kosher salt 12g / 1 heaping Tbsp
Sunsweet® Plum Amazins 200g / 1 1/2 cups

FILLING

Sugar 55g / 1/4 cup
Cinnamon 5g / 1 Tbsp
Orange zest 4g / 1 Tbsp
Egg, beaten with a splash of water 50g / 1 each

INSTRUCTIONS

MAKES 2 LOAVES

- 1 To make the sponge: In a large bowl, whisk together the flour, bran, water, and yeast. Cover the bowl with plastic wrap and let sit at room temperature for 30 minutes. Refrigerate overnight. Bring the sponge to room temperature for at least 1 hour before mixing. Alternatively, after mixing the sponge, leave it at room temperature for at least 2 hours or as long as 6 hours before proceeding to the next step.
- 2 To make the dough: Mix the flour and yeast into the sponge. In a stand mixer fitted with a paddle attachment, briefly mix the butter. Add the sponge and mix just until a coarse dough forms. Remove the paddle attachment and let the dough rest for 20 minutes.
- 3 Attach a dough hook to the mixer. Add the salt and mix on medium speed until the butter is thoroughly incorporated and the dough pulls cleanly away from the sides of the bowl, 5 to 7 minutes. Add the *Plum Amazins* and mix on low speed until evenly distributed in the dough, about 2 minutes.
- 4 Put the dough in a lightly oiled bowl, cover with plastic wrap or a lid, and let it rise until doubled in volume, about 1 1/2 hours. Place the dough on a lightly floured surface and gently pat into a rectangle. Fold in 3 folds like a business letter. Return the dough to the bowl, cover, and refrigerate for 1 hour.
- 5 To make the filling: In a small bowl, mix together the sugar, cinnamon, and orange zest.
- 6 To shape the loaves: Put the dough on a lightly floured surface and cut in half. For each half, roll the dough into a 7 by 14-inch rectangle. Brush the surface with egg wash, leaving a 1/2-inch border. Sprinkle the egg-washed area with half of the cinnamon filling. Starting with the short end of the rectangle, roll into a log. Using the palms of your hands, gently roll the log to eliminate air pockets between the swirl layers. (Try not to stretch the dough and make it longer.) Tuck in the ends and place, seam-side down, into a lightly oiled 1-quart loaf pan. Repeat with the remaining dough and filling.
- 7 Loosely cover the loaf pans with a floured kitchen towel or plastic wrap lightly coated in nonstick spray and let the dough rise until it no longer springs up when pressed with your fingertips, about 1 1/2 hours.
- 8 Arrange an oven rack on the lowest rung and preheat to 350°F. Bake the loaves, rotating once, until the tops and edges are golden brown, about 50 minutes. Cool in the pans for 5 minutes, then unmold and cool completely on cooling racks.

ITALIAN PRUNE BREAD

INSPIRED BY THE FRUIT-FILLED BREADS OF SOUTHERN ITALY, this yeasted bread studded with Plum Amazins™ complements everything from jam to olive oil and Italian-style cheeses, like fontina and pecorino. The dough is sticky, so keep plenty of fine semolina flour on hand for dusting.

INGREDIENTS

Active dry yeast 4g / 1 tsp
Warm water 330g / scant 1 1/2 cups
Extra virgin olive oil 15g / 2 Tbsp
Bread flour 425g / 3 1/4 cups
Semolina flour 24g / 1/4 cup, plus extra for dusting
Kosher salt 12g / 1 heaping Tbsp
Sunsweet® Plum Amazins 200g / 2 cups

INSTRUCTIONS

MAKES TWO 12OZ LOAVES

- 1 In a small bowl, dissolve the yeast in the water. Add the olive oil.
- 2 In a stand mixer fitted with a dough hook, combine the bread and semolina flours. Add the yeast mixture and mix on low speed until a coarse dough forms, about 1 minute. Let rest for 20 minutes.
- 3 Add the salt and mix on medium speed until the dough is smooth and pulls cleanly away from the sides of the bowl, about 5 minutes. Add the *Plum Amazins* and mix on low speed until evenly distributed in the dough, about 2 minutes. Place the dough in a lightly oiled bowl, cover with plastic wrap or a lid, and let it rise at room temperature until doubled in volume, about 1 1/2 hours.
- 4 Dust a work surface with a thick layer of semolina (about 1/2 cup). Turn the dough out onto the surface and cut in half. For each half, place the cut sides of the dough facing down. Cup both hands around the dough and rotate clockwise, tucking the edges under with the sides of your palm until the dough forms into a ball. Dust the dough with semolina flour and cover with a kitchen towel. Let the dough rest until the rounds have nearly doubled and lightly spring back to the touch, about 1 hour.
- 5 About 30 minutes before baking, place a baking stone in the center rung of the oven and preheat oven to 500°F. Right before baking, mist the inside of the oven with water.
- 6 Uncover the dough. Using a sharp paring knife, dock the loaves with one long cut about 1/2-inch deep down the center. Using a floured baking peel, slide the loaves onto the baking stone. Lower oven to 400°F and bake until the crust takes on a deep golden color and the bottom sounds hollow when thumped, about 45 minutes. Transfer to a wire rack and cool completely.



CHOCOLATE PRUNE BREAD PUDDING

THIS VISUALLY STRIKING PUDDING IS STUDED WITH PLUM AMAZINS™ AND CHOCOLATE CHIPS, with subtle accents of orange zest. It can be served alone or with crème fraîche and fresh berries. For the best results, use a bread enriched with butter and eggs, such as brioche or challah.



INGREDIENTS

Whole milk 420g / 1 3/4 cups
Semisweet chocolate chips
200g / 1 1/4 cups
Bread cubes, preferably from brioche
145g / 3 1/2 cups
Sunsweet® Plum Amazins
200g / 1 1/2 cups
Eggs 200g / 4 each
Sugar 50g / 1/4 cup
Cinnamon 1g / 1/4 tsp
Kosher salt 1g / 1/4 tsp
Vanilla extract 10g / 2 tsp
Orange zest 2g / 1 Tbsp

INSTRUCTIONS

MAKES 8 SERVINGS

- 1 Pour the milk into a small pot and bring to a simmer over medium-low heat. Put 3/4 cup chocolate chips in a heat-proof bowl. Pour the milk over the chocolate chips and let sit for 5 minutes. Stir until the chocolate has completely melted into the milk. Cool to room temperature.
- 2 Preheat oven to 350°F. Butter a 2-quart baking pan. In a large bowl, toss together the remaining 1/2 cup chocolate chips with the bread and Plum Amazins. Evenly distribute the bread mixture in the prepared pan.
- 3 Whisk together the eggs, sugar, cinnamon, salt, vanilla, and zest. Whisk in the chocolate milk and pour the mixture over the bread. Let sit for 15 minutes so the bread has time to absorb the custard.
- 4 Bake until the custard is nearly set, about 35 minutes. Cool for at least 15 minutes before serving. Serve the bread pudding warm or at room temperature.

PRUNE COOKIES WITH ALMONDS & APRICOTS

PLUM AMAZINS™ DRAW OUT THE NATURAL SWEETNESS IN ALMONDS AND APRICOTS in this sophisticated, nutty cookie. For a more indulgent treat, add 1/2 cup of bittersweet chocolate pieces to the dough.



INGREDIENTS

All-purpose flour 340g / 2 1/2 cups
Oats 25g / 1/4 cup
Baking soda 4g / 1 tsp
Kosher salt 4g / 1 tsp
Unsalted butter, at room temperature
227g / 16 Tbsp
Sugar 190g / 1 cup
Brown sugar 180g / 1 cup
Eggs 100g / 2 each
Vanilla extract 5g / 1 tsp
Almond extract 5g / 1 tsp
Sunsweet® Plum Amazins
200g / 1 1/2 cups
Diced dried apricots 90g / 1 cup
Slivered almonds, toasted
60g / 1/2 cup

INSTRUCTIONS

MAKES ABOUT 40 COOKIES

- 1 Preheat oven to 350°F. Line 2 baking sheets with parchment paper.
- 2 In a large bowl, whisk together the flour, oats, baking soda, and salt. In a stand mixer fitted with the paddle attachment, cream the butter and sugars on medium speed until slightly fluffy, about 1 minute. Add the eggs one at a time, mixing well between additions, then mix in the vanilla and almond extracts, stopping the mixer occasionally to scrape down the sides of the bowl.
- 3 Reduce the mixer speed to low and gradually add the flour. Fold in the *Plum Amazins*, apricots, and almonds and mix until just combined.
- 4 Drop rounded tablespoons of cookie dough onto the prepared baking sheets, spacing the cookies about 2 inches apart. Bake until the edges are brown and the tops are set, about 12 minutes. Transfer the cookies to cooling racks and cool completely. Repeat with the remaining dough.

BUTTERMILK PRUNE SCONES

THE ADDITIONS OF PLUM AMAZINS™ AND BUTTERMILK ENHANCE THE RICHNESS in this classic breakfast scone, while additions of orange juice and zest offer bright flavor accents.

INGREDIENTS

Orange 250g / 1 each
Sunsweet® *Plum Amazins* 200g / 1 1/2 cups
All-purpose flour 300g / 2 1/4 cups
Sugar 50g / 1/4 cup
Baking powder 8g / 2 tsp
Kosher salt 2g / 1/2 tsp
Unsalted butter, cold and cubed 142g / 10 Tbsp
Buttermilk 120g / 1/2 cup, plus extra
Cornmeal, for dusting
Turbinado sugar (optional), for garnish

INSTRUCTIONS

MAKES TEN SCONES

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2 Zest the orange and reserve the zest. Cut the orange in half and squeeze the orange halves over the *Plum Amazins*. (You will need about 1/3 cup of juice.) Let sit for 15 minutes, then drain.
- 3 In a food processor, pulse together the flour, sugar, baking powder, salt, and zest. Add the butter and continue to pulse until a coarse and crumbly dough forms. Add the *Plum Amazins* and pulse briefly to distribute. Add 1/2 cup buttermilk and pulse just until the dough comes together. (It will resemble biscuit dough.)
- 4 Dust a surface generously with cornmeal. Turn the dough onto a floured surface and gently pat or roll into an 8-inch round. Using a knife or a pizza cutter, cut the round into 10 wedges.
- 5 Place the scones about 1 inch apart on the baking sheets. Brush the tops with buttermilk and sprinkle turbinado sugar on top. Bake until the tops are golden and the surface forms cracks, about 18 minutes.





AMAZING OATMEAL TRAIL COOKIES

INSPIRED BY TRAIL MIX, THESE COOKIES OFFER ENTICING HANDFULS OF DRIED FRUIT, NUTS, CHOCOLATE, AND COCONUT. Plum Amazins™ enhance the flavors of chocolate and spice while giving each cookie a sweet, chewy texture.

INGREDIENTS

All-purpose white flour 135g / 1 cup
Baking powder 4g / 1 tsp
Baking soda 4g / 1 tsp
Kosher salt 2g / 1/2 tsp
Cinnamon 1g / 1 tsp
Unsalted butter, at room temperature 113g / 8 Tbsp
Sugar 95g / 1/2 cup

Brown sugar 90g / 1/2 cup
Egg 50g / 1 each
Vanilla extract 5g / 1 tsp
Orange zest 1g / 1 tsp
Old-fashioned rolled oats 100g / 1 cup
Flaked unsweetened coconut 30g / 1/2 cup
Sunsweet® Plum Amazins 135g / 1 cup
Chocolate chunks 80g / 1/2 cup
Cranberries 70g / 1/2 cup

INSTRUCTIONS

MAKES ABOUT 24 COOKIES

- 1 Preheat oven to 350°F. Line 2 baking sheets with parchment paper.
- 2 In a large bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon. In a stand mixer fitted with a paddle attachment, cream together the butter and sugars on medium speed until slightly fluffy, about 1 minute. Add the egg, vanilla, and orange zest, mixing well between additions.
- 3 Reduce the mixer speed to low and add the flour mixture in three installments, stopping the mixer to scrape down the sides of the bowl in between additions. Fold in the oats, coconut, Plum Amazins, chocolate chunks, and cranberries.
- 4 Drop rounded tablespoons of cookie dough onto the prepared baking sheets, spacing the cookies about 2 inches apart. Bake until the edges are brown and the tops are set, about 12 minutes. Repeat with remaining dough.

PRUNE RUGELACH

RUGELACH CAN BE FILLED WITH EVERYTHING FROM CHOCOLATE TO APRICOT JAM, BUT PRUNE IS AMONG THE MOST CLASSIC FILLING CHOICES, for good reason: Sweet prunes counter the tanginess from the cream cheese in the pastry dough. Using Plum Amazins™ instead of whole prunes cuts down on soaking time, making the filling even faster to make. Unbaked rugelach freeze well. To bake from frozen, preheat the oven to 325°F. Brush frozen rugelach with egg wash and bake for 50 minutes or until golden brown.

INGREDIENTS

Unsalted butter, cold and cubed 227g / 16 Tbsp
Cream cheese 227g / 8oz
Kosher salt 6g / 1 1/2 tsp
All-purpose flour, plus more for dusting 270g / 2 cups
Blanched almonds, toasted 30g / 1/4 cup
Sunsweet® Plum Amazins 200g / 1 1/2 cups
Bread crumbs 35g / 1/2 cup
Sugar 80g / 1/3 cup
Cinnamon 1g / 1/2 tsp
Egg, beaten with a splash of water 50g / 1 each

INSTRUCTIONS

MAKES 34 RUGELACH

- 1 In a food processor, pulse the butter, cream cheese, flour, and salt together until a crumbly dough forms. Turn the dough out onto a lightly floured work surface and gather it into a ball. Divide in half and shape each half into a disk. Wrap each disk in plastic wrap and refrigerate until chilled, 2 hours or overnight.
- 2 In a food processor, process the almonds until ground. Transfer the nuts to a bowl, and reassemble the food processor (no need to wash it first).
- 3 Pour enough boiling water over the Plum Amazins to cover and let sit for 5 minutes. Drain the Plum Amazins and purée in the food processor. Pulse in the breadcrumbs, sugar, and cinnamon.
- 4 Working with one disk at a time, roll the dough into a 10-inch circle 1/4 to 1/8-inch thick. Brush the edges of the dough with the egg wash. Put half of the prune filling in the center and spread it out just before the egg-brushed edges. Sprinkle half of the ground almonds over the filling.
- 5 With a knife or pizza cutter, cut the circle into 16 wedges. To shape the rugelach, starting at the blunt end of each wedge, roll up toward the tip. Repeat with the remaining dough and filling.
- 6 Line 2 baking sheets with parchment paper. Space the rugelach 2 inches apart on the baking sheets. Cover and refrigerate for at least one hour or overnight.
- 7 Preheat oven to 325°F. Brush the rugelach with egg wash and bake until golden brown and baked through, 35 to 40 minutes. Transfer to wire racks and let cool completely.





SPICED PRUNE QUICKBREAD WITH CARROTS AND APPLES

FULL OF PLUM AMAZINS™, SHREDDED APPLES, AND GRATED CARROTS, this wholesome quickbread is flavorful without a lot of extra sugar. The weight and volume of the carrots and apples are based on produce that has been peeled and grated. For this recipe, start with 240g whole carrots (about 2 large carrots) and 240g of apples (about 2 medium apples). The bread is best the day after it is baked.

INGREDIENTS

All-purpose flour 200g / 1 1/2 cups
Whole-wheat flour 80g / 1/2 cup
Baking powder 4g / 1 tsp
Baking soda 2g / 1/2 tsp
Kosher salt 4g / 1 tsp
Cinnamon 4g / 1 tsp
Allspice 2g / 1/2 tsp

Brown sugar 180g / 1 cup
Eggs 150g / 3 each
Vegetable oil 110g / 1/2 cup
Lemon zest 1g / 1 tsp
Carrots, peeled and grated 180g / 2 cups
Apples, peeled and grated 170g / 1 3/4 cups
Sunsweet® Plum Amazins 200g / 1 1/2 cups
Walnut pieces 50g / 1/2 cup

INSTRUCTIONS

MAKES 1 LOAF

- 1 Preheat oven to 350°F. Lightly butter and flour a 1-quart loaf pan, shaking out the excess flour.
- 2 In a bowl, whisk together the flours, baking powder, baking soda, salt, cinnamon, and allspice.
- 3 In a stand mixer fitted with a paddle attachment, mix the sugar, eggs, oil, and zest on medium speed until blended, about 1 minute. Reduce the mixer to low speed and add the flour mixture in 3 installments, stopping the mixer to scrape down the sides of the bowl in between additions. Fold in the carrots, apples, and *Plum Amazins*.
- 4 Pour the batter into the prepared loaf pan. Evenly distribute the walnut pieces on top. Bake until the top of the bread is golden brown and a cake tester inserted into the center of the bread comes out clean, about 1 hour.
- 5 Cool for 15 minutes. Run an offset spatula or butter knife around the edges to loosen the bread and invert the pan onto a cooling rack. Remove the pan, turn the bread over so the walnut side is up, and let the bread cool completely.

Plum Amazins at Work

Compared with whole pitted prunes, *Plum Amazins* are lower in moisture, holding their shape just as well as raisins when added to breads and cookies. Because of their increased surface area, *Plum Amazins* absorb liquid faster than other dried fruits. This is handy when soaking dried fruit in fruit juices, alcohol, or tea for added flavor. In addition, *Plum Amazins* are a natural humectant, retaining moisture, giving baked goods a naturally long shelf life.



PLUM AMAZINS™ VS. RAISINS

Both prunes and raisins are useful but in different ways. Compared with raisins, prunes deliver more roasted, caramelized fruit notes with a sweeter, concentrated flavor and an acidic tang on the finish. Raisins have a pleasant straightforward flavor: They offer sweetness with a less-caramelized flavor than prunes.

PRUNES AND RAISINS
ARE ABOUT AS
SIMILAR AS APPLES
AND PEARS.

When Plum Amazins™ are used in place of raisins, they give the finished product more depth, with a full-bodied, dried-fruit flavor. You can use *Plum Amazins* in place of raisins when baking without any other modifications to the recipe.



Amazing Potential

Free of preservatives, packed with potassium, and low in sugar, *Plum Amazins* are wholesome, natural flavor enhancers. On their own, they offer tangy notes of caramel and molasses. When used with chocolate and spices in cookies and cakes, prune pieces amplify these rich flavors. *Plum Amazins* also blend well with dried blueberries, cherries, and cranberries, helping to defray ingredient costs while smoothing out the bright notes of the dried berries.

Plum Amazins vs. Raisins (serving size 40g)

	Amazins	Raisins	Amazins Advantage
Fiber	3g	2g	50% More Fiber
Sugars	13g	24g	45% Less Sugar
Glycemic Index (GI)	29	64	Lower Glycemic Index
Calories	100 cal	120 cal	17% Fewer Calories
Total Carbohydrates	26g	31g	16% Fewer Carbohydrates

USDA Nutritional Database
Sydney University Glycemic Index Research Service (SUGIRS)



KATE LEAHY is a cookbook author and freelance writer. She co-authored *A16 Food + Wine* (Ten Speed Press, September 2008), the IACP 2009 Cookbook of the Year. She also co-wrote *The Preservation Kitchen: The Craft of Making and Cooking with Pickles, Preserves, and Aigre Doux* (Ten Speed Press, April 2012) and *SPQR: Modern Italian Food and Wine* (Ten Speed Press, October 2012). Her work has garnered awards from the Symposium for Professional Wine Writers and the American Society of Business Publication Editors. Her work also has appeared in *The Wall Street Journal*, *Chicago Magazine*, *Time Out Chicago*, *Chicago Sun-Times*, and *Fodors*. A professional cook turned journalist, Leahy is a Phi Beta Kappa graduate of history from the University of California, Davis. She holds a master's degree from Northwestern University's Medill School of Journalism in Evanston, Illinois, and has a certificate in Culinary Arts from The Napa Valley Cooking School in St. Helena, California.



CropSource International, LLC
 1655 N. Main Street, Suite 395
 Walnut Creek, CA 94596
 Phone: 925.935.7583

SunsweetIngredients.com • PlumAmazins.com