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Treasury of Quick 'n Easy Dried Fruit Recipes from Del Monte®





Dried Fruits have often been called the crown jewels of the fruit world . . . each one is a precious gem. Full of vitamins, minerals and natural fruit sugars, dried fruits are easy to digest and provide an excellent source of quick energy.

Ever popular as a snack item . . . nibbling right from the package or tucked into youngsters' lunchboxes . . . Del Monte Dried Fruits also add flavor goodness to many recipes.

On the following pages we have presented "Quick 'n Easy" recipes developed in the Del Monte Kitchens. Each one has the natural

bright flavor of dried fruits, and each one was developed with the busy homemaker in mind. A variety of the excellent convenience foods on the market were used as the basis of many recipes. We feel the homemaker is always grateful for new ways to save time and energy in meal preparation, yet not sacrifice taste or appearance.

We hope you'll enjoy the many appealing recipes in this booklet. Keep a supply of Del Monte Dried Fruits on hand . . . for nibbling, of course . . . and to create these tempting "Quick 'n Easy" ideas.



Breads

CURRANT SPICE MUFFINS

2 cups sifted all-purpose flour
1/2 cup sugar
1 Tbsp. baking powder
1 tsp. salt
1/4 tsp. ground ginger
1 egg, beaten
1 cup milk
1/2 cup melted shortening or vegetable oil
1 cup Del Monte Zante Currants

Sift together flour, sugar, baking powder, salt and ginger. Combine egg, milk and shortening; add to dry ingredients. Stir until flour is moistened. Fold in currants. Spoon into greased muffin pans, filling 2/3 full. Sprinkle with Sesame Topping. Bake at 425°F., 20 min. Serve immediately. Makes 18 muffins.

Sesame Topping: Combine 1 Tbsp. sesame seeds with 1 Tbsp. sugar, 1/4 tsp. cinnamon and 1/4 tsp. ginger.

RAISIN CHEESE ROLL-UPS

2 pkgs. (3 oz. ea.) cream cheese, softened
1/4 cup sugar
1/2 tsp. grated lemon rind
1 cup Del Monte Seedless Raisins
1 pkg. (8 oz.) refrigerated crescent dinner rolls

Blend cream cheese, sugar and lemon rind. Add raisins. Unroll dough; spread cheese mixture on 8 triangles of dough. Roll up dough as pkg. directs. Place on ungreased baking sheet. Bake at 375°F., 10 min. or until brown. Serve warm.

SCONES

1 3/4 cups sifted all-purpose flour
2 1/4 tsps. baking powder
2 Tbsps. sugar
1/2 tsp. salt
1/3 cup margarine or butter
3/4 cup Del Monte Zante Currants
2 eggs, beaten
1/3 cup cream

Sift together flour, baking powder, sugar and salt. Cut in margarine till texture is size of small peas. Fold in currants. Set aside 2 Tbsps. egg. Combine remaining egg and cream; add to dry ingredients. Stir only until flour is moistened. Place on lightly floured board; pat to 1/2-in. thickness. Cut into diamonds. Brush with reserved egg; sprinkle with salt or sugar. Place on ungreased baking sheet. Bake at 450°F., 12-15 min. Makes 12-15 scones.

APRICOT-BANANA NUT BREAD

1 cup Del Monte Dried Apricots, thinly sliced
1/2 cup chopped pecans
1 pkg. (15 1/2 oz.) banana bread mix
1 egg
1 cup water
1/4 tsp. almond extract

Add apricots and pecans to bread mix. In large bowl, combine egg, water and almond extract. Add mix; stir until dry particles are moistened. Pour into greased and floured 8 x 4 or 9 x 5-in. loaf pan. Bake at 375°F., 50-60 min. or until tests done. Let stand 10 min. Remove from pan to cool. Wrap tightly in foil and store overnight before slicing.

RAISIN NUT BREAD

- 1 cup Del Monte Seedless Raisins
- 1 pkg. (1 lb. 1 oz.) nut bread mix
- 1 egg
- 1 cup water

Add raisins to bread mix. In large bowl, combine egg and water; add mix, stirring until dry particles are moistened. Pour into greased and floured 8 x 4 or 9 x 5-in. loaf pan. Bake at 350°F., 50-60 min. or until tests done. Let stand 10 min., remove from pan to cool. Wrap in foil and store overnight before slicing.

STUFFED PRUNE COFFEE RING

- 12 Del Monte Prunes, cooked and pitted
- 12 Del Monte Pineapple Chunks
- 3 Tbsps. margarine or butter
- 1 pkg. (14½ oz.) cinnamon streusel coffee cake mix

Stuff prunes with pineapple; let drain on paper toweling. Melt mar-

garine in 9-in. ring mold; sprinkle 2 Tbsps. topping mix into mold. Arrange stuffed prunes in bottom of mold. Prepare batter as pkg. directs; spread half into mold. Sprinkle with half remaining topping mix. Spread with remaining batter; sprinkle with topping mix. Bake at 375°F., 30-35 min. Invert onto plate; serve warm. Makes 8-10 servings.

RAISIN MUFFIN FAVORITES

- ½ cup Del Monte Seedless Raisins
- 1 pkg. (14 oz.) honey-bran muffin mix or
- 1 pkg. (14 oz.) apple-cinnamon muffin mix or
- 1 pkg. (14 oz.) oatmeal muffin mix

Combine raisins with 2 Tbsps. dry particles from your favorite muffin mix; add remaining mix. Prepare muffins as pkg. directs.



Cakes

CHOCOLATE RAISIN CAKE

(Pictured on cover)

1 1/2 cups Del Monte Seedless

Raisins

1 two-layer chocolate cake mix

1 pkg. (6 1/2 oz.) white fluffy frosting mix or 1 recipe fluffy frosting

Plump raisins in hot water; drain and cool. Chop 1 cup raisins with greased knife; toss with 2 Tbsps. cake mix. Prepare cake as pkg. directs; fold in cut raisins. Bake; cool layers as pkg. directs.

For frosting: Prepare fluffy frosting as pkg. directs. Fold 1/2 cup raisins into 3/4 cup frosting; spread between layers. Use remaining frosting for sides and top of cake.

AMBROSIA CUP CAKES

20 Del Monte Prunes, cooked, pitted and halved

1/2 cup margarine or butter, melted

1/2 cup sugar

5 maraschino cherries, halved

1/4 cup flaked coconut

1 pkg. (9 oz.) yellow cake mix

Divide margarine into 10 custard



cups (6 oz. size) using about 2 tsps. per cup. Into each cup sprinkle about 2 tsps. sugar. Arrange 4 prune halves and a cherry half in each cup. Sprinkle coconut over all. Prepare mix as pkg. directs; pour over fruit in each cup. Bake at 350° F., 25-30 min. Cool 5 min. Invert on plate.

FRUIT FILLED SPICE CAKE

- 1 pkg. (14½ oz.) gingerbread mix
- 1 can (8½ oz.) Del Monte Gravenstein Applesauce
- ½ cup Del Monte Seedless Raisins
- ½ cup diced Del Monte Dried Apricots
- ½ cup diced Del Monte Prunes
- 1 pkg. (14 oz.) creamy white frosting mix
- 2 Tbsps. lemon juice

Combine gingerbread mix and applesauce. Beat 2 min. at med. speed. Fold in fruit. Spread into greased and floured 13 x 9-in. pan. Bake at 375°F., 15-20 min. Cool. Meanwhile, prepare frosting as pkg. directs, substituting lemon juice for half of water. Frost cake; allow to set. Cut into 24 bars.

APRICOT UPSIDE DOWN CAKE

- 1 cup Del Monte Dried Apricots, cooked and drained
- ¼ cup margarine or butter
- ½ cup firmly packed brown sugar
- ½ tsp. cinnamon
- 9 maraschino cherry halves
- 1 pkg. (9 oz.) yellow cake mix

Melt margarine in 9 x 9-in. pan; sprinkle in brown sugar and cinnamon. Arrange apricot halves and

cherries in bottom of pan. Prepare cake mix as pkg. directs. Pour over apricots. Bake at 350°F., 25-30 min. or until cake tests done. Cool 10 min.; invert on serving plate. Makes 9 servings.

CANDLELIGHT FRUIT CAKE

- 2 cups Del Monte Golden Seedless Raisins
- 2 cups diced citron
- 1 cup Del Monte Zante Currants
- 1 cup diced Del Monte Prunes
- 1 cup chopped candied cherries
- 1 cup chopped almonds
- 1 cup chopped walnuts
- ½ cup all-purpose flour
- 1 cup margarine or butter
- 1 cup sugar
- 5 eggs
- 1 Tbsp. grated lemon rind
- 1½ cups sifted all-purpose flour
- 2 tsps. baking powder
- 2 tsps. allspice
- 1 tsp. salt
- 1 cup undrained Del Monte Crushed Pineapple

Combine fruit and nuts with ½ cup flour. Cream margarine and sugar until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Blend in lemon rind. Sift flour with baking powder, allspice and salt. Add flour alternately with pineapple to creamed mixture. Mix well after each addition. Pour over fruit and nuts; mix thoroughly. Spread in two 9 x 5-in. loaf pans lined with greased heavy brown paper. Bake at 300°F., 2½-3 hrs. Turn out of pans to cool. Remove paper. Wrap securely in foil and allow to ripen 2-4 weeks before cutting. Makes 2 loaves.

Cookies

APRICOT NUT BARS

- 1 cup Del Monte Dried Apricots,
cooked and drained
- $\frac{1}{2}$ cup margarine or butter,
softened
- $\frac{1}{4}$ cup sugar
- $1\frac{1}{3}$ cups sifted all-purpose flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 cup firmly packed brown sugar
- 2 eggs, beaten
- 1 tsp. vanilla
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup flaked coconut
- Confectioners' sugar

Mix margarine, sugar and 1 cup flour until crumbly. Press into greased 8 x 8-in. pan. Bake at 350° F., 25 min. or until lightly browned. Chop apricots. Sift $\frac{1}{3}$ cup flour with baking powder and salt. Gradually beat brown sugar into eggs and vanilla. Add flour mixture; mix well. Mix in apricots, walnuts and coconut. Spread over baked base. Bake at 350°F., 30-35 min. or until browned. Cool; cut into 32 bars and roll in confectioners' sugar.



MAPLE RAISIN CRISPS

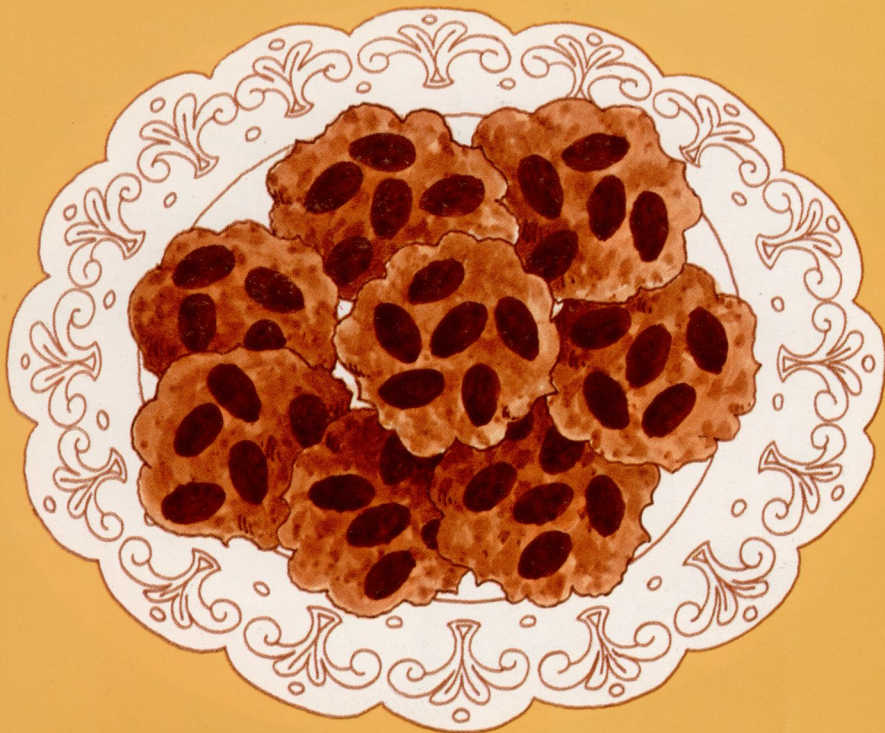
- 1 cup quick-rolled oats
- $\frac{3}{4}$ cup firmly packed brown sugar
- $\frac{1}{2}$ cup vegetable oil
- 1 egg, beaten
- $\frac{1}{4}$ tsp. maple flavoring
- $\frac{3}{4}$ cup sifted all-purpose flour
- $1\frac{1}{2}$ tps. baking powder
- $\frac{3}{4}$ tsp. salt
- $\frac{3}{4}$ cup Del Monte Seedless Raisins
- $\frac{1}{3}$ cup chopped pecans

Combine oats and brown sugar. Stir in oil, egg and maple flavoring. Sift together flour, baking powder and salt. Add to oat mixture, blending well. Stir in raisins and nuts. Drop by rounded teaspoonfuls onto greased baking sheet. Bake at 375° F., 8-10 min. Makes $3\frac{1}{4}$ doz.

HAWAIIAN RAISIN DROPS

- $\frac{1}{2}$ cup Del Monte Crushed Pineapple, drained
- $\frac{1}{2}$ cup margarine or butter
- $\frac{1}{2}$ cup firmly packed brown sugar
- $\frac{1}{2}$ cup sugar
- 1 egg
- $1\frac{1}{2}$ cups quick-rolled oats
- 1 cup sifted all-purpose flour
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. cinnamon
- Dash nutmeg
- 1 cup Del Monte Golden Seedless Raisins

Set pineapple aside to drain. Cream margarine and sugars until light. Beat in egg. Add drained pineapple and oats. Sift together flour, soda, salt, cinnamon and nutmeg; mix with oat mixture. Stir in raisins. Drop by rounded teaspoonfuls onto lightly greased baking sheet. Bake at 375°F., 12-15 min. Makes 4 doz.



CHOCOLATE RAISIN COOKIES

- 1 pkg. (1 lb.) brownie mix
- 1 cup Del Monte Seedless Raisins

Prepare brownie mix as directed on pkg. Stir in raisins. Drop by rounded teaspoonfuls onto greased baking sheet. Bake at 375°F., 10 min. Makes 3 doz.

CURRENT DREAM BARS

- $\frac{1}{3}$ cup Del Monte Orange Juice
- 1 tsp. cornstarch
- 1 cup Del Monte Zante Currants
- 1 pkg. (12 $\frac{1}{2}$ oz.) dream bar mix

Blend orange juice and cornstarch. Add currants. Cook, stirring constantly, until thickened. Prepare mix as pkg. directs. Before adding topping, spread currant mixture on baked base. Cover with topping; bake as directed. Cut into 18 bars.

PRUNE FILLED SQUARES

- 1 $\frac{1}{2}$ cups Del Monte Prunes, cooked and pitted
- $\frac{1}{3}$ cup sugar
- 1 Tbsp. lemon juice
- 1 tsp. grated orange rind
- $\frac{1}{4}$ tsp. allspice
- Dash salt
- 1 pkg. (1 lb. 2 oz.) refrigerated sugar cookies

Cut prunes into small pieces. Combine with sugar, juice, rind and seasonings; cook until sugar dissolves and mixture thickens. Cool. Slice cookie stick into 32 slices $\frac{1}{4}$ -in. thick. Arrange 16 cookies in bottom of 9 x 9-in. pan. Bake at 375°F., 15 min. until light brown. Spread with prune filling. Place remaining cookie slices on top. Bake 15 min. Cool. Cut into 16 squares.



Pies

APRICOT CREME PIE

(Pictured on cover)

- 26 Del Monte Dried Apricots,
cooked and drained
- 1 pkg. (3 1/2 oz.) vanilla flavored
pie filling
- 1 baked 9-in. pastry shell, cooled
- 3/4 cup Del Monte Unsweetened
Pineapple Juice
- 1 Tbsp. cornstarch

Prepare pie filling as pkg. directs. Cool slightly; pour into pastry shell. Chill until firm. Blend pineapple juice and cornstarch. Cook, stirring, until thickened. Cool slightly. Arrange apricots in overlapping circles over pie filling. Pour pineapple mixture over apricots. Chill until set.

SOUTHERN PEACH TARTS

- 12 Del Monte Dried Peaches,
cooked and drained
- 1/2 cup sugar
- 1/2 tsp. grated lemon rind
- 2 tsps. lemon juice
- 1/4 tsp. nutmeg
- Dash salt
- 1 pkg. refrigerated biscuits
- Vegetable oil

Purée or mash peaches thoroughly. Add sugar, lemon rind, juice and seasonings. Mix until well blended. Roll biscuits on lightly floured board into 4 1/2-in. circles. Place rounded tablespoonful of peach filling on half of each circle. Moisten edges with water or milk; fold over and seal with fork. Fry in hot oil until lightly browned. Drain. Serve warm or cold. Makes 10 tarts.

APPLE RAISIN PIE

2 ½ cups Del Monte Sliced Dried Apples

¾ cup sugar

2 Tbsps. flour

1 tsp. cinnamon

½ tsp. nutmeg

¼ tsp. salt

½ cup Del Monte Seedless Raisins

Pastry for 9-in. double crust

1 Tbsp. lemon juice

1 Tbsp. margarine or butter

Clip cores from apples. Place in saucepan with 3 ½ cups water. Bring to boil; reduce heat and simmer uncovered 30 min. Blend sugar, flour and seasonings; add raisins. Combine with apples; mix lightly. Pour into unbaked pastry-lined pie pan. Sprinkle with lemon juice; dot with margarine. Cover with pastry; seal edges. Bake at 425°F., 30-35 min. or until brown.

TREASURE CHESS PIES

1 cup Del Monte Seedless Raisins

1 cup sugar

¼ cup margarine or butter, softened

3 eggs, beaten

1 cup chopped walnuts

1 tsp. vanilla

1 pkg. (9¼ oz.) pie crust mix

12 paper baking cups

Plump raisins in hot water; drain and cool. Cream sugar and margarine; stir in eggs. Add raisins, walnuts, vanilla. Prepare pie crust as pkg. directs. Roll out ½ at a time. Place flattened paper baking cup on dough to cut 4 ½-in. circles. Fit paper baking cups and dough into

3-in. muffin tins or custard cups. Fill each with ¼ cup raisin mixture. Bake at 350°F., 40-45 min. Cool; remove paper cups. Makes 12 pies.

RAISIN SOUR CREAM PIE

1 cup Del Monte Seedless Raisins

1 pkg. (10 ½ oz.) no-bake cheese cake mix

1 cup dairy sour cream

Plump raisins in hot water; drain and cool. Prepare crumb crust and filling as pkg. directs. Fold raisins and sour cream into filling; pour into crust. Chill until set.

APRICOT PARFAIT PIE

1 cup Del Monte Dried Apricots

1 ½ cups water

¼ cup sugar

1 pkg. (3 oz.) orange flavored gelatin

1 cup boiling water

1 pint vanilla ice cream

1 9-in. coconut pie crust, or chocolate wafer crust

In small saucepan, combine apricots, water and sugar; simmer, uncovered, 20 min. Drain; chop apricots. Dissolve gelatin in boiling water. Add ice cream and stir until melted. Fold in chopped apricots. Pour into coconut pie crust. Chill until firm. Garnish with whipped cream, if desired.

For coconut crust: Melt ¼ cup margarine or butter in skillet. Add 2 cups flaked coconut and sauté, stirring constantly, until coconut is golden brown. Sprinkle mixture into a 9-in. pie pan, pressing firmly to cover bottom and sides. Cool.

Salads

STUFFED PRUNE SALAD

IDEAS

(Pictured on cover)

Combine 3 oz. softened cream cheese with 1 tsp. grated orange rind. Stuff 16 cooked and pitted prunes. Serve on lettuce. Garnish with parsley or crisp bacon.

Variation: Combine cottage cheese and chopped parsley. Stuff cooked and pitted prunes.

RAISIN SLAW

- 2 cups finely shredded cabbage
- 1 can (13½ oz.) Del Monte Pineapple Tidbits, drained
- ¾ cup Del Monte Seedless Raisins
- Mayonnaise
- Lettuce
- Paprika

Combine cabbage, pineapple and raisins. Toss lightly with enough mayonnaise to moisten. Serve on lettuce-lined plates. Garnish with paprika. Serves 4.

GOLDEN APRICOT SALAD

- 1 pkg. (3 oz.) orange flavored gelatin
- 1 cup Del Monte Dried Apricots, cooked and drained
- 1 can (13½ oz.) Del Monte Pineapple Tidbits, drained

Prepare gelatin as pkg. directs. In bottom of 1-qt. ring mold, arrange apricots, overlapping slightly. Pour ½ cup gelatin over apricots. Chill until gelatin begins to set. Fold pineapple into remaining gelatin. Pour over apricots; chill until firm. Unmold on serving plate. Serves 6.

PRUNE AMBROSIA SALAD

- 16 Del Monte Prunes, cooked and pitted
- 1 pkg. (3 oz.) cream cheese, softened
- ¼ tsp. grated orange rind
- 2 Tbsps. orange juice
- 2 large oranges, pared and sliced
- Lettuce
- ⅓ cup flaked coconut
- French dressing

Blend cream cheese, orange rind and juice. Fill prunes with cheese mixture; place on orange slices. Arrange on lettuce-lined plate. Sprinkle coconut over entire salad. Top with dressing. Serves 4.

SPRING CARROT SALAD

- ½ cup Del Monte Seedless Raisins
- 2 cups shredded carrots
- ½ cup mayonnaise
- Lettuce cups

Plump raisins in hot water; drain and cool. Combine with carrots. Mix lightly with mayonnaise. Spoon into lettuce cups. Serves 4.

WALDORF SALAD

- ¾ cup Del Monte Seedless Raisins
- 2 cups diced apple
- 1 cup sliced celery
- ½ cup chopped walnuts
- ⅓ cup mayonnaise
- 1 Tbsp. lemon juice
- Lettuce cups

Plump raisins in hot water; drain. Mix with apple, celery and nuts. Blend mayonnaise with lemon juice; mix lightly with raisin-apple mixture. Spoon into lettuce cups. Serves 4.

Snacks

CURRENT CRUNCH

- 1/3 cup margarine or butter
- 4 cups miniature marshmallows
- 5 1/2 cups crisp rice cereal
- 1 1/2 cups Del Monte Zante Currants
- 1 cup roasted peanuts

In large saucepan, melt margarine and marshmallows, stirring constantly. Remove from heat. Add cereal, currants, peanuts; stir until well coated. Press into greased 13 x 9-in. pan. Cool; cut into 32 squares.

APRICOT COCONUT BALLS

- 3/4 cup Del Monte Dried Apricots, cooked and drained
- 1 pkg. (3 oz.) cream cheese, softened
- 1/8 tsp. almond flavoring
- 1 cup flaked coconut

Dice apricots. Mix with cream cheese and flavoring until well blended. Fold in 1/2 cup coconut. Shape rounded teaspoonfuls of mixture into balls. Roll in remaining coconut. Chill. Makes about 24 balls.

APRICOT SAUCERS

- 12 Del Monte Dried Apricots, cooked and drained
- 1 pkg. (3 oz.) cream cheese, softened
- 1 tsp. grated orange rind
- 2 Tbsps. orange juice
- Blanched sliced almonds for garnish

Blend cream cheese, orange rind and juice. Shape rounded teaspoonfuls of mixture into balls. Place one on top of each apricot half. Garnish with sliced almonds.

SPEEDY SNACK

- 1/2 cup peanut butter
 - 1/3 cup Del Monte Seedless Raisins
 - 18-20 vanilla wafers or crackers
- Combine peanut butter and raisins. Spread on wafers or crackers. Makes 18-20 snacks.

CHOCOLATE RAISIN TREAT

- 1 pkg. (6 oz.) semi-sweet chocolate pieces
- 1 cup Del Monte Seedless Raisins
- 1/2 cup chopped nuts

Melt chocolate over warm water, stirring frequently. Add raisins and nuts; mix until well coated. Spread in greased 8 x 8-in. pan. Chill until chocolate is set. Cut into 1 1/2-in. squares. Makes 3 doz.

STUFFED PRUNES

- 16 Del Monte Prunes, cooked and pitted
- 1 pkg. (3 oz.) cream cheese, softened
- 1 tsp. grated orange rind
- 2 Tbsps. orange juice
- Walnuts for garnish

Blend cream cheese, orange rind and juice. Stuff prunes with cheese mixture. Garnish with walnuts.



Meat Dress-Ups

CURRY FRUIT COMPOTE

(Pictured on cover)

- 1 pkg. (11 oz.) Del Monte Mixed Dried Fruits
- 2 cups water (or ½-in. above fruit)
- 2 Tbsps. margarine or butter
- ¼ cup firmly packed brown sugar
- ¼ tsp. curry

In saucepan, bring all ingredients to a boil. Simmer uncovered 30 min. Serve hot with lamb, chicken or pork. Makes 3 cups.

CURRENT MINT SAUCE

- ½ cup Del Monte Zante Currants
- 1 cup apple-mint jelly
- 1 Tbsp. grated orange rind

Combine all ingredients in saucepan; heat until jelly melts. Serve over lamb or ham. Makes 1½ cups.

Variation: Substitute 1 cup currant jelly for apple-mint jelly. Serve over baked ham or chicken.

ORANGE-RAISIN SAUCE

- 1 cup Del Monte Golden Seedless Raisins
- 1 cup sugar
- 1 cup currant jelly
- ½ cup chopped orange (inc. rind)
- 2 Tbsps. margarine or butter
- 2 Tbsps. vinegar
- ½ tsp. salt
- Dash ground cloves
- Dash Worcestershire sauce
- 1 Tbsp. cornstarch
- ½ cup water

Combine all ingredients except cornstarch and water in saucepan.

Bring to boil; simmer 10 min. Dissolve cornstarch in water; add to sauce. Cook, stirring, until clear. Serve hot with ham, chicken or corned beef. Makes 3 cups.

GOLDEN RAISIN STUFFING

- 1 cup chopped celery
- ½ cup chopped onion
- ¼ cup margarine or butter
- 1 pkg. (8 oz.) herb seasoned stuffing
- ½ cup Del Monte Golden Seedless Raisins
- 1 cup chicken stock

Sauté celery and onion in margarine. Mix with stuffing and raisins. Add chicken stock a little at a time to moisten as desired. Stuff poultry, chops or bake in casserole as pkg. directs. Makes 6 cups.

HAWAIIAN PRUNES

Stew Del Monte Prunes as pkg. directs. Slit and pit. Stuff each with a Del Monte Pineapple Chunk. Garnish meat platter or serve with ham or chicken.

INDIAN PRUNES

Stew 16 Del Monte Prunes as pkg. directs. Slit and pit. Meanwhile, combine 1 pkg. (3 oz.) softened cream cheese with 2 Tbsps. chopped chutney and 2 Tbsps. chutney syrup. Stuff prunes. Garnish meat platter or serve with lamb or chicken.

ORIENTAL PRUNES

Stew Del Monte Prunes as pkg. directs. Slit and pit. Stuff each with a Del Monte Mandarin Orange section. Serve with duck, chicken, pork.



How To's

COOKING DEL MONTE DRIED FRUITS

General method: Place fruit in saucepan; add water to ½-in. above fruit. Bring to a boil. Simmer gently, uncovered, as indicated below, until fruit is plump and tender. Sweeten to taste when nearly done.

Prunes*	(may be covered)	20-25 min.
Apricots	15-20 min.
Peaches	25-35 min.
Mixed Fruits	25-35 min.

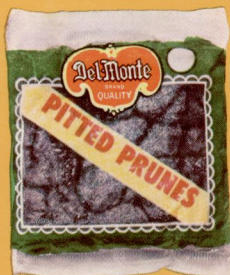
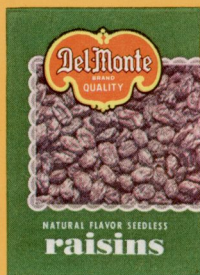
*Variation: Place prunes in glass jar or bowl, cover with boiling water and let stand, covered, overnight.

RECIPE TIPS WITH DEL MONTE DRIED FRUITS

Plumping Raisins: For extra moist raisins, plump by covering with boiling water for 5 min. Drain thoroughly before adding to recipe.

Flouring Raisins: If recipe calls for floured raisins, shake seedless raisins in a paper bag with a small amount of flour. For seeded raisins, place in a bowl with liberal amount of flour and mix with hands until raisins separate.

Chopping and Snipping Dried Fruits: To chop or snip dried fruits easily, oil blade of knife or scissors.



Other Del Monte® Brand Dried Fruits, available to you and your family, include: Apples, Golden Seedless Raisins, Seeded Muscat Raisins and Zante Currants.