

Recipes Using Dried Plums



Cream Cheese Plum Spread

You will need:

1/3 cup finely chopped dried plums, divided 1 (8 oz.) package cream cheese, softened 1 tsp. cinnamon
1/4 cup finely chopped walnuts, toasted 2 tbsp. concentrated orange juice 1 tbsp. honey salt

Instructions:

- Arrange walnuts in even layer on baking sheet. Bake in 350 degree F. oven for 6 - 8 min. until browned.
- In a bowl, combine cream cheese, dried plums, nuts, 1 tbsp. orange juice, honey, and cinnamon; mix well.
- Add remaining orange juice, if necessary, to reach desired consistency. Season with salt, as desired.
- To serve, spread on toasted bagels, sliced apples, crackers, or celery sticks.

Plum Waldorf Salad

You will need:

1 cup chopped dried plums 3/4 cup mayonnaise or plain yogurt 3 cups chopped red apples
2 - 3 tbsp. orange juice 1 - 1/2 cups cooked cubed chicken or smoked turkey
3/4 cup chopped celery 1/2 cup coarsely chopped walnuts, toasted red or green lettuce, optional

Instructions:

- Arrange walnuts in even layer on baking sheet. Bake in 350 degree F. oven for 6 - 8 min. until browned.
- In a medium bowl, combine mayonnaise and orange juice.
- Add apples, chicken, chopped dried plums, celery, and toasted walnuts. Toss ingredients to coat.
- Chill in refrigerator. Serve on lettuce, if desired.

Sweet and Sour Sausage

You will need:

3/4 cup dried plums, cut into 1/2-inch pieces 2 tbsp. olive oil 1 onion, coarsely chopped
1 lb. turkey kielbasa, cut into 3/4 inch pieces 2 tart apples, cut into 1/2-inch pieces
1 tbsp. brown sugar cooked egg noodles or rice of choice
3 tbsp. raspberry vinegar or 3 tbsp. red wine vinegar and 1 tbsp. raspberry jam

Instructions:

- In a large skillet, heat oil over medium heat. Add onion and cook 4 - 6 minutes or until soft.
- Add kielbasa, apples, and dried plums. Cover; cook 4 to 6 minutes or until apples are tender. Stir.
- Add vinegar and brown sugar; cook an additional 5 minutes. Serve over cooked egg noodles or rice.

Dried Plum Pulled Pork

You will need:

1 cup dried plums cut into quarters	1 yellow onion, chopped	1 tbsp. all-purpose flour
1 - 2 lb. pork tenderloin	salt and pepper to taste	1 cup chicken broth
1 cup apple juice	mashed potatoes or bread of choice	

Instructions:

- Place chopped onions in the bottom of a Crockpot. Set pork tenderloin on top of onions.
- Sprinkle top of tenderloin with flour and then with salt and pepper.
- Add the plums. Add the broth and juice over the top of everything.
- Cover and cook on low for 6 - 8 hours, until pork shreds easily with a fork. Shred pork with two forks.
- Stir to combine with sauce. Serve with mashed potatoes or bread of choice.

Sugar Plum Bread

You will need:

1 cup pitted dried plums, chopped	$\frac{3}{4}$ cup water	1 large egg, room temperature
2 tbsp. plus $\frac{3}{4}$ cup white sugar, divided	2 tbsp. butter or margarine	2 cups all-purpose flour
2 tsp. baking powder	1 tsp. baking soda	1 tsp. cinnamon, optional
$\frac{1}{2}$ tsp. salt	2 tbsp. coarse sugar or regular white sugar	

Instructions:

- Preheat oven to 350 degrees F. In a small saucepan, combine plums, water, and 2 tbsp. sugar.
- Bring to a simmer over medium heat for 1 minute. Remove from heat.
- Let stand until plums are plumped, about 10 minutes. Drain plums, reserving fruit and liquid.
- Measure liquid, adding enough water to yield $\frac{1}{2}$ cup.
- Cream butter and remaining sugar until light and fluffy, about 4 minutes. Beat in egg.
- In another bowl, whisk together flour, baking powder, baking soda, and salt.
- Add to creamed mixture alternatively with cooking liquid; fold in cooled plums (batter will be thick).
- Transfer batter to a greased 8x4-inch loaf pan. Sprinkle with coarse sugar.
- Bake until toothpick inserted in center comes out with moist crumbs, 45 - 50 minutes.
- Cool in pan 10 minutes before removing to wire rack to cool completely.

Oatmeal Plum Cookies

You will need:

1- $\frac{1}{2}$ cups dried plums, cut into raisin-size pieces	$\frac{1}{2}$ lb. (2 sticks) butter or margarine, softened	
1 cup firmly packed brown sugar	$\frac{1}{2}$ cup granulated sugar	2 eggs
1-1/2 cups all-purpose flour	1 tsp. vanilla	1 tsp. baking soda
3 cups old fashioned oatmeal, uncooked	1 tsp. cinnamon	$\frac{1}{2}$ tsp. salt

Instructions:

- Preheat oven to 350 degrees F. Combine flour, baking soda, cinnamon, and salt in a bowl.
- In a separate bowl, blend together butter and sugars until creamy. Add eggs and vanilla; beat well.
- Add dry ingredients; mix well. Stir in oats and chopped plums; stir well.
- Drop by rounded teaspoonfuls onto greased cookie sheet.
- Bake 7 to 9 minutes or until golden brown. Cool 1 minute on cookie sheet; remove to a wire rack.

Quick and Easy Ideas

- Add $\frac{1}{2}$ cup chopped dried plums to your morning oatmeal. Follow your usual cooking instructions.
- Add a few chopped plums to a peanut butter and jelly sandwich.
- Add $\frac{3}{4}$ cup chopped dried plums to your favorite stuffing recipe.