

## CHAPTER 6

# Recipes



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Around the World

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## Prize Raisin Bread



From 1915 Sun-Maid recipe book.

Featured in the **Souvenir California Raisin Recipe Book** created for the 1915 Panama Pacific International Exposition, this Prize Raisin Bread recipe was selected from thousands submitted.

**Makes:** 3 loaves

### INGREDIENTS

2 teaspoons fast-action yeast  
360ml potato water\*  
About 1.2kg all-purpose flour, divided  
480ml milk  
40g granulated sugar  
15g lard or butter  
1 tablespoon salt  
1 (15oz/430g) package Sun-Maid Natural Raisins

### METHOD

1. Stir yeast into potato water in a large mixing bowl. Let stand 10 minutes to dissolve.
2. Mix in 380g flour, stirring well with a wooden spoon (or mix with paddle attachment of an electric mixer). Cover and let stand at room temperature overnight, or until risen.
3. Heat milk in a saucepan or microwaveable container, just until little bubbles break the surface; add sugar, lard or butter, and salt. Cool to lukewarm.
4. Mix milk with the yeast mixture. Gradually stir or beat in 760g flour to make a stiff dough, about 10 minutes.
5. Add raisins; knead on a lightly floured surface until dough is smooth and elastic. Place in a large, lightly oiled bowl. Cover and let rise at room temperature until doubled, about 1½ hours.
6. Preheat oven to 180°C (Gas Mark 4).
7. Shape into 3 loaves. Place in greased oblong bread tins.
8. Bake 1 hour or until golden brown and bread sounds hollow when tapped. Cool in pans 15 minutes; remove to a wire rack to cool completely.
9. For a softer crust, brush tops with water and sprinkle lightly with granulated sugar.

\*Water used for boiling potatoes, cooled to lukewarm.

## Japanese Rice Flour Raisin Bread



**Makes:** 3 loaves

### INGREDIENTS

900ml warm water  
1 teaspoon fast-action yeast  
2 teaspoons agave syrup (or  
1 tablespoon granulated sugar)  
390g rice flour  
15g softened butter  
2 teaspoons salt  
650 to 750g bread flour  
480g raisins  
300g dried apples  
150g chopped peanuts



Recipe courtesy of **RAC Japan**.



### METHOD

1. In a large bowl, combine water, yeast, agave syrup, and stir to dissolve. Set aside at room temperature until foamy, about 10 minutes.
2. Stir in rice flour, butter, salt, and enough bread flour to create a firm dough. Turn out onto a floured surface and knead 8 to 10 minutes, until smooth and elastic. Add more flour only as needed to reduce stickiness. Return to the mixing bowl, dust the top lightly with flour, and cover with a damp cloth or plastic wrap. Rise at room temperature until doubled in volume, about 1 hour. Punch dough down and let rise again until doubled, another 30 minutes.
3. Coat three oblong bread tins with pan spray or butter, and line the bottom and short sides with a strip of parchment paper. Turn risen dough out onto floured surface, and with a rolling pin, roll into an 40 x 60cm rectangle. Mix together raisins, apples, and peanuts and sprinkle evenly across the dough. Starting on a long edge, roll the dough up into a log. Cut the log into three 20cm loaves, and place into pan seam-side down. Dust with flour, cover with plastic wrap, and rise again for 30 minutes. Preheat oven to 180°C (Gas Mark 4).
4. Bake until golden brown and hollow sounding, about 40 to 60 minutes. The internal temperature should reach 99°C. Cool for 10 minutes, remove loaf from the pan, and cool completely on a rack.

## Corn Flour Raisin Cake



**Makes:** about 20 pieces

### INGREDIENTS

80g Sun-Maid raisins  
200g all-purpose flour  
150g finely ground cornmeal  
1 teaspoon fast-action yeast



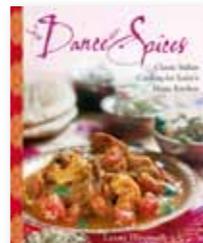
Recipe courtesy of **Betty's Kitchen Magazine**.



### METHOD

1. Rinse and drain raisins to moisten. Set aside.
2. Mix flour, cornmeal, and yeast in a large bowl. Add enough water to form a soft dough.
3. Lightly coat an 18cm square baking pan with oil and sprinkle with half the raisins. Place dough in pan. Let rise until double, about 1 hour.
4. Top with remaining raisins. Bake in steam oven for 35 to 40 minutes until set. Cut into squares to serve.

## Almond Laced Saffron Naan with Raisins



From *The Dance of Spices: Classic Indian Cooking for Today's Home Kitchen*; Wiley 2005; reprinted with permission from the publisher, and author Laxmi Hiremath.



The oven-baked flatbread naan has many variations, including those livened up with golden raisins and spices.

**Makes:** 12 naans

### INGREDIENTS

500g all-purpose flour plus additional for dusting

2 teaspoons baking powder

1 teaspoon sugar

1 teaspoon salt

1 teaspoon fast-action yeast

120ml plain yogurt

1 large egg, slightly beaten

45ml oil

1 teaspoon saffron threads dissolved in 30ml hot milk

120ml warm, whole, or 2% low-fat milk

90ml warm water

Thinly sliced almonds

80g raisins

Cornmeal for the peel or baking sheet

### METHOD

1. Combine the flour, baking powder, sugar, salt, and yeast in a food processor, and pulse until mixed. Add the yogurt, egg, oil, and saffron mixture. Pulse until crumbly. With the machine running, gradually add milk, then the water through the feed tube in a steady stream. Process until the dough comes together into a ball and begins to clean the sides of the bowl.
2. Place dough on a work surface; lightly coat both your hands with oil and knead well for 6 to 8 minutes, the dough should be medium-soft, and hold an impression when pressed. Form into a smooth ball, cover loosely with kitchen towel and let rest in a draft-free spot for 4 to 6 hours or until the dough doubles in volume.
3. Lightly oil your hands, punch down the dough, and place on a floured work surface and knead briefly until smooth. Divide into 12 portions, and roll each portion between your hands to form a smooth ball, put on a baking sheet about 5cm apart and cover with a kitchen towel; set aside until the dough doubles in volume, for 15 minutes. Place a ball of dough on lightly floured work surface and roll it out into a 12cm circle or oval shape and a tad more than 3mm thick, dusting lightly with flour as necessary. Sprinkle some almonds and raisins; press firmly and finish the naan.
4. Repeat with remaining dough. Brush the tops of each naan with water, oil, or butter. Preheat the oven to 260°C (Gas Mark 9/10). Sprinkle cornmeal on a baker's peel or the backside of a large baking sheet. Place 2 to 3 naans on prepared baker's peel or sheet, brush the tops with water, slide naans directly onto the pizza stone or quarry tiles (do not use a baking sheet). Bake 4 or 5 minutes until lightly speckled. Transfer in a cloth-lined basket. Naans are at their best when hot.

## Saint Lucia Buns



In Sweden, the day of Saint Lucia is celebrated on December 13 with lightly sweetened saffron buns decorated with raisins.



**Makes:** 20 buns

### INGREDIENTS

230g butter, melted

½ teaspoon saffron threads, finely crumbled

240ml milk

150g granulated sugar

1 teaspoon salt

2 teaspoons fast-action yeast

750g all-purpose flour

2 eggs

80g Sun-Maid Natural Raisins or Currants, plus more for decorating

1 egg white

### METHOD

1. Crumble saffron threads into melted butter. Let stand 30 minutes for flavor to intensify.
2. Heat milk just to a simmer then immediately remove from heat. Stir in melted butter, sugar, and salt. Pour into mixing bowl and cool until just warm to the touch. Stir in yeast and let stand 10 minutes.
3. Beat 450g flour into yeast mixture. Stir in eggs until well blended. Add just enough of the remaining flour to form a soft dough and it pulls away from the sides of the bowl. Dough should be very soft but not too sticky.
4. Transfer dough to a large greased bowl and turn to coat all sides. Cover with a clean towel and let rise until doubled, about 1 hour.
5. Punch down dough. Knead lightly two or three times on a floured surface. Pinch off golf ball size pieces and roll into 1cm-thick ropes. Shape into S-shapes, coiling the ends. Place on a baking sheet. Cover with a towel and let rise until doubled, about 30 minutes.
6. Preheat oven to 190°C (Gas Mark 5).
7. Brush buns with egg white and place one raisin in the center of each coiled end.
8. Bake until golden brown, 15 to 18 minutes. Wrap airtight to store.

## Stollen



Recipe courtesy of the **King Arthur Flour Company**,  
kingarthurfour.com



Stollen is a fruitcake made with raisins, mixed dried fruits, nuts, and spices baked into a loaf shape and covered with powdered sugar. Some stollens include a ribbon of marzipan and the traditional weight of a stollen is about 4.4lbs, or 2kg. During the Christmas season, the cake is called a *Christstollen*. Dresden, Germany celebrates an annual Stollenfest each December to honor the traditional cake.

**Makes:** 2 stollen, about 14 servings each

### INGREDIENTS

#### SPONGE

130g King Arthur Unbleached All-Purpose Flour  
120ml water  
2 teaspoons instant fast-action yeast

#### DOUGH

320g King Arthur Unbleached All-Purpose Flour  
60g butter, cut into small cubes  
1 egg  
60ml milk  
20g caster sugar  
1¼ teaspoons salt  
4 teaspoons fast-action yeast  
1 teaspoon almond extract  
1 teaspoon vanilla extract  
80g chopped dates  
80g golden raisins  
80g candied cherries, coarsely chopped\*  
20g King Arthur Unbleached All-Purpose Flour  
40g slivered almonds, toasted

#### TOPPING

20g butter, melted  
Confectioners' sugar

\*The easiest way to chop candied cherries, which tend to be very sticky, is by snipping each in half with a pair of scissors.

**Note:** For a more traditional stollen, substitute 80g candied peel, citron, or angelica for the 80g chopped dates.

### METHOD

#### SPONGE

1. Combine the flour, water, and yeast in a large mixing bowl, stirring till smooth. (Or use your bread machine, canceling the machine after several minutes of mixing.)
2. Let the mixture rest overnight at room temperature.

#### DOUGH

1. Add the flour, butter, egg, milk, sugar, salt, yeast, almond extract, and vanilla to the sponge. Stir to combine, then knead thoroughly, using your hands, an electric mixer, a food processor, or a bread machine, till the dough is very smooth and supple.
2. Transfer the dough to a lightly greased bowl (or leave it in the bread machine), cover the bowl, and allow the dough to rise for 1 to 1½ hours. It probably won't double in bulk, but will become puffy.
3. While the dough is rising, stir together the dates, raisins, cherries, flour, and almonds. Transfer the dough to a clean, lightly greased work surface. Knead the fruit into the dough until it is well-distributed; a good way to do this is to pat or roll the dough into a rough 30 x 40cm rectangle, press the fruit and nuts evenly over its surface, then roll it up like a jelly roll, starting with a long edge. Divide the roll into two pieces, shape each piece into a rough 25cm log, cover the logs, and let them rest for 10 minutes.
4. Pat each log into a 25 x 20cm oval. The fruit may try to "fall out" of the dough; that's OK, just stick it back in. Fold each oval lengthwise, bringing one side over the other but leaving a 3cm gap, as if you were making a Parker House roll (in other words, fold the dough not quite in half). Press the edge of the top half to seal it to the bottom half, tent the dough with lightly greased plastic wrap, and allow it to rise for 2 hours, or until it's noticeably puffy.
5. Bake the stollen in a preheated 180°C (Gas Mark 4) oven for 30 to 35 minutes, tenting it with aluminum foil after 20 minutes if it appears to be browning too quickly. The finished loaves should be golden brown, and their internal temperature should register 88°C on an instant-read thermometer.
6. Remove the stollen from the oven, and brush them with melted butter. Transfer them to a rack to cool completely. When the stollen are cool, dust them heavily with confectioners' sugar.

## Royal Wedding Cake



Traditional wedding cake in England is a dense, not-too-sweet fruitcake, unlike the dark fruitcakes typically served at Christmas. Our adapted version is filled with apricots, cherries, golden raisins, and green pistachios for a colorful contrast. Lots of orange and lemon zest add a tangy touch.

**Makes:** one 20cm cake

### INGREDIENTS

140g butter, softened  
150g granulated sugar, preferably superfine baker's sugar  
2 eggs  
190g all-purpose flour  
120g Sun-Maid Tart Cherries  
120g Sun-Maid Dried Apricots, coarsely chopped  
50g Sun-Maid Golden Raisins  
70g shelled pistachios, whole or broken  
60g chopped candied citrus peel  
40g chopped candied ginger  
Zest of one orange  
Zest of one lemon  
45ml orange juice  
15ml lemon juice  
Purchased white fondant, optional

### METHOD

1. Preheat oven to 160/170°C (Gas Mark 3). Line the bottom of a 20cm springform pan with parchment paper for easier removal. Coat paper and sides of pan with cooking spray.
2. Beat butter and sugar with an electric mixer until creamy. Beat in eggs.
3. Add flour and mix well.
4. Stir in dried fruit, citrus peel, and ginger. Mix well.
5. Add zest and juices. Stir just to combine. Pour into prepared pan and smooth top.
6. Bake 45 minutes; reduce temperature to 150°C (Gas Mark 2) and continue baking for an additional 1 hour and 15 to 30 minutes or until golden brown and dry crumbs cling to a pick inserted in center. Top will be slightly cracked. Cool in pan 15 minutes. Remove sides and cool completely.
7. Wrap well and refrigerate for up to 1 month. Traditionally, this cake may be drizzled periodically with alcohol of choice or fruit juice during the month.
8. Cover with rolled fondant before serving, if desired.

## Hot Cross Buns



From 1964 Sun-Maid recipe book.

**Makes:** 24 rolls

### INGREDIENTS

120ml warm water (43 to 46°C)  
4 teaspoons fast-action yeast  
180ml milk  
115g butter  
100g granulated sugar  
½ teaspoon salt  
1 large egg  
500g all-purpose flour or 250g each  
all-purpose flour and whole  
wheat flour  
1 teaspoon cinnamon  
¼ teaspoon nutmeg  
160g Sun-Maid Natural Raisins  
1 egg yolk

### GLAZE

120g icing sugar  
1 tablespoon milk  
½ teaspoon vanilla extract

### METHOD

1. Stir warm water and yeast in a large mixing bowl or stand mixer bowl.
2. Heat milk and butter in a saucepan or microwave until 49°C, or very warm, but not hot to the touch. Butter does not need to completely melt.
3. Stir in sugar and salt.
4. Add milk mixture, egg, half the flour, cinnamon, and nutmeg to yeast. Beat until smooth.
5. Gradually mix in remaining flour. Stir in raisins. Dough will be soft and slightly sticky.
6. Cover and let rise in draft-free place for 1 hour until about doubled in bulk or, cover and refrigerate several hours or up to overnight.
7. Punch down dough and divide into 24 equal pieces. Roll into balls and place on greased or parchment-lined baking sheet.
8. Mix egg yolk with 2 teaspoons water; brush on tops of dough balls. Let rise 30 minutes.
9. Bake in preheated 190°C (Gas Mark 5) oven for 25 to 30 minutes until golden brown. Cool on a wire rack.
10. Stir glaze ingredients to make a smooth frosting-like consistency. Scoop into a zip-top plastic sandwich bag and snip one corner. Squeeze in a cross over cooled rolls.

**VARIATION:** Add 80g mixed chopped candied fruits with raisins or 1 tablespoon grated orange zest to milk mixture.

## Sunny Whole Wheat Currant Scones



From 2007 Sun-Maid Recipe Book **Fruit & Sunshine**.

Talk about a power breakfast. These scones are a high source of manganese, an antioxidant that also helps produce insulin, and folate, a B vitamin that helps fight anemia. Their hearty texture is great with a cup of tea.

**Makes:** 1 dozen scones

### INGREDIENTS

130g white whole-wheat flour  
130g whole-wheat flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon ground nutmeg  
½ teaspoon salt  
80g cold butter, cut up  
160g Sun-Maid Natural Zante Currants  
65g coarsely chopped walnuts, optional  
40g granulated sugar, divided  
180ml low-fat buttermilk  
2 teaspoons egg white

### METHOD

1. Heat oven to 190°C (Gas Mark 5).
2. Combine flours, baking powder, baking soda, nutmeg, and salt in large bowl. Cut in butter until mixture is the texture of coarse bread crumbs.
3. Add currants, walnuts, and 30g sugar and toss to mix evenly.
4. Stir in buttermilk with a fork until a soft dough forms.
5. Shape dough into a ball on a lightly floured surface. Divide into 2 parts and shape into 2 round balls.
6. Press into 15cm rounds and place on an ungreased cookie sheet. Cut each round into 6 wedges, but do not separate the wedges. Brush with beaten egg white and sprinkle with 2 teaspoons sugar.
7. Bake for 20 to 22 minutes until golden brown. Break into wedges and serve warm.

**TIP:** If necessary, add 15 to 30ml water to moisten all of the flour.

## Cinnamon-Raisin Biscuits



**Makes:** about 12 biscuits

**Preparation time:** 10 minutes

**Total time:** 25 minutes

### INGREDIENTS

220g all-purpose flour  
2½ teaspoons baking powder  
½ teaspoon salt  
2 tablespoons sugar  
1 teaspoon ground cinnamon  
50g raisins and/or cherries  
About 300ml whipping (heavy) cream

### METHOD

1. Heat oven to 230°C (Gas Mark 8). In large bowl, mix flour, baking powder, and salt. Then add sugar, cinnamon, and raisins and/or cherries. Stir in just enough whipping cream so dough leaves side of bowl and forms a ball. (If dough is too dry, mix in 1 to 2 teaspoons more whipping cream.)
2. Place dough on lightly floured surface; gently roll in flour to coat. Knead lightly 10 times, sprinkling with flour if dough is too sticky. Roll or pat 2cm thick. Cut with floured 5cm biscuit cutter. On ungreased cookie sheet, place biscuits about 3cm apart.
3. Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet to wire rack. Serve hot.



From **Betty Crocker Christmas Cookbook**; Wiley 2010; reprinted with permission from the publisher.

## Plum Good Breakfast Oatmeal



Prunes, apple, and cinnamon dress up old-fashioned oatmeal. Adding an egg makes for an extra nutritious breakfast.

**Makes:** 2 to 3 servings

### INGREDIENTS

240ml apple juice  
120ml water  
60g old-fashioned or quick oats  
80g Sun-Maid Pitted Prunes, chopped  
80g chopped apple  
20g chopped walnuts or pecans  
¼ teaspoon cinnamon  
⅛ teaspoon salt (optional)  
80ml milk  
1 egg



From 2009 Sun-Maid recipe book **Breakfast & Brunch**.

### METHOD

1. Combine juice, water, oats, prunes, apple, nuts, cinnamon, and salt in medium saucepan. Bring to a boil over high heat.
2. Reduce heat and simmer uncovered; stirring occasionally until thickened and water is absorbed, 3 to 5 minutes for old-fashioned oats, 2 to 3 minutes for quick oats.
3. Whisk together milk and egg. Stir into hot cereal; simmer and stir for 1 minute.
4. Serve immediately with brown sugar and milk or cream, if desired.

## Granola



## LADIES' HomeJournal

Originally published in the October 2008 issue of **Ladies' Home Journal® Magazine**. ©2008 Meredith Corporation. All rights reserved.

**Makes:** about 3 liters

**Prep time:** 10 minutes plus cooling

**Baking time:** 20 to 25 minutes

### INGREDIENTS

120g packed brown sugar  
160g butter or margarine  
120ml honey  
340g uncooked oats  
40g crisp rice cereal  
10g ground cinnamon  
480ml sliced blanched almonds  
320g raisins  
100g dried apples, diced  
Milk, vanilla soy milk, or frozen yogurt (optional)

### METHOD

1. Arrange oven racks in center and upper third of oven. Heat oven to 180°C (Gas Mark 4). Line 2 jelly-roll pans with foil.
2. Heat sugar, butter, and honey in a medium saucepan over medium-high heat about 5 minutes, until butter is melted and sugar is dissolved.
3. Meanwhile, combine oats, rice cereal, cinnamon, and almonds in a large bowl.
4. Pour melted-butter mixture over oat mixture and toss to coat. Divide and spread mixture between prepared pans. Bake 20 to 25 minutes, stirring every 10 minutes, rotating sheets between racks until granola is toasted.
5. Cool granola on pans, 5 minutes, then transfer to a large bowl. Stir in raisins and apples and cool completely.

## Banana French Toast



**Makes:** 4 servings

### INGREDIENTS

8 slices Sun-Maid Raisin Bread  
2 medium bananas cut in 6mm slices  
240ml milk  
110g softened cream cheese  
3 eggs  
70g sugar  
20g all-purpose flour  
2 teaspoons vanilla extract  
Powdered sugar (optional)

### METHOD

1. Heat oven to 180°C (Gas Mark 4).
2. Place four slices of raisin bread in a single layer in a buttered 25cm square baking dish. Top with bananas and four slices of raisin bread.
3. Blend milk, cream cheese, eggs, sugar, flour, and vanilla in a blender or food processor until smooth.
4. Pour over raisin bread. Let stand 5 minutes or refrigerate overnight.
5. Bake 40 to 45 minutes (50 to 55 minutes if refrigerated) until set and top is toasted. Let stand 10 minutes.
6. Cut French toast into diagonal halves and remove with spatula. Dust servings with powdered sugar if desired.



Sun-Maid's first French toast recipe appeared in the 1926 book **Recipes with Raisins**.

## Baked Apples with Granola



From **Pillsbury Fast & Healthy Meals for Kids**; Wiley 2010; reprinted with permission from the publisher.

**Makes:** 2 servings  
**Preparation time:** 10 minutes  
**Total time:** 15 minutes

### INGREDIENTS

1 large crisp apple (such as Braeburn, Gala, or Fuji)  
 15g raisins or sweetened dried cranberries  
 15g packed brown sugar  
 10g margarine or butter, softened  
 120ml low-fat fruit granola

### METHOD

1. Cut apple in half lengthwise. With spoon, remove and discard core, making at least a 3cm indentation in each apple half. Place each half in small microwaveable bowl.
2. Fill each apple half evenly with raisins and brown sugar; dot with margarine. Cover each with microwaveable plastic wrap, venting one corner.
3. Microwave each apple half on high 2 minutes 30 seconds to 3 minutes or until apple is tender. Top each with granola. If desired, serve with a little milk, cream, or fruit-flavored yogurt.

**TIPS:** What an ideal dessert treat for kids to make themselves. You can teach them how to cover with plastic wrap for microwaving. Let them sprinkle on their own granola at the end.

**GOOD EATS FOR KIDS:** Apples are a good source of vitamins A and C, and taste great, too.

## Make-Your-Own Muesli



Muesli is an oats or flaked grain-based cereal chock full of dried fruits and nuts. Some recipes call for toasting the grains, but traditional Swiss recipes usually do not. It can be served raw, or soaked overnight in enough milk, yogurt, or fruit juice to moisten. Serve topped with fresh fruit if desired.

**Makes:** about 10 servings, about 120ml each

### INGREDIENTS

340g oats or combination oats, rye, and wheat flakes  
 80g Sun-Maid Raisins  
 80g Sun-Maid Apricots, chopped  
 80g chopped nuts  
 20g flaked coconut

### METHOD

1. Combine all ingredients and store in an airtight container.

### SERVING VARIATIONS:

1. This is an approximate ratio of ingredients. Experiment with different amounts and varieties of dried fruit to make your own favorite cereal.
2. Cold Muesli—Combine 60ml cereal with 120ml yogurt, milk, or fruit juice; soak for 5 to 10 minutes or overnight.
3. Hot Muesli—Mix 120ml muesli with 120ml milk or water in a saucepan or microwaveable bowl. Bring just to a boil, simmer 3 to 5 minutes.
4. Add chopped apple, peaches, nectarines, or berries during soaking or cooking, if desired.



Sun-Maid's 1916 recipe book included instructions for using raisins and chopped dates to make breakfast cereals.

## Date Shakes



Recipes courtesy of the **California Date Administrative Committee**.

Date shakes are an iconic food of Southern California's Coachella Valley, where the treat originated when date gardens began offering locals and travelers milkshakes made with dates and ice cream.

### Low-Fat Date Yogurt Shake

**Makes:** 1 serving

#### INGREDIENTS

80g chopped California dates  
 ½ medium banana  
 120ml orange juice  
 120ml plain nonfat yogurt  
 120ml crushed ice

#### METHOD

1. Combine first three ingredients in blender and puree until dates are finely chopped. Add yogurt and ice; blend until just combined.

### Tropical Date Shake

**Makes:** 1 serving

#### INGREDIENTS

80g California dates  
 120ml pineapple juice  
 10g shredded coconut  
 1½ teaspoons light rum, (optional)  
 3 scoops vanilla frozen yogurt

#### METHOD

1. Combine all ingredients except frozen yogurt in blender and puree until dates are finely chopped.
2. Add frozen yogurt; blend until just combined.

### Orange Date Shake

**Makes:** 1 serving

#### INGREDIENTS

80g California dates  
 120ml orange juice  
 3 scoops vanilla frozen yogurt

#### METHOD

1. Combine dates and orange juice in blender and puree until dates are finely chopped.
2. Add frozen yogurt; blend until just combined.

## Slamming Graham Cracker PB&J Nachos



#### METHOD

1. Arrange graham crackers on serving plate. Drizzle with melted Skippy® Natural Creamy Peanut Butter Spread and warm jelly, then top with apples.

TIP: Microwave the jelly in a glass measuring cup to quickly heat up.

## Autumn Fruit Compote



Sun-Maid's 1921 recipe book featured several similar fruit desserts.

#### METHOD

1. Remove the bright colored zest from the orange and lemon, using a vegetable peeler to make wide strips. Squeeze 30ml juice from the lemon.
2. Combine zest, lemon juice, apples, dried fruit, sugar, cinnamon stick, and 720ml water in a large saucepan. Bring to a boil, reduce heat, cover, and simmer 15 to 20 minutes, until apples are tender. Cool. Refrigerate in a non-metallic container at least 4 hours to blend flavors.
3. Serve chilled or at room temperature, topped with yogurt if desired.



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**Makes:** 2 servings

**Preparation time:** 5 minutes

#### INGREDIENTS

8 graham cracker squares  
 60g Skippy® Natural Creamy or Super Chunk Peanut Butter Spread, melted  
 60ml warm reduced sugar grape jelly or strawberry spread  
 80g chopped apples, bananas, raisins, and/or nuts

**Makes:** 8 servings

#### INGREDIENTS

1 medium orange  
 1 medium lemon  
 4 medium sweet apples, peeled, cored, and each cut into 16 wedges  
 1 (170 to 200g) package Sun-Maid Dried Peaches  
 6 to 7 Sun-Maid Calimyrna Figs  
 80g Sun-Maid Natural Raisins or Sun-Maid Tart Cherries  
 100g sugar  
 1 cinnamon stick  
 720ml water  
 Plain low-fat or Greek-style yogurt (optional)

## White Chip Apricot Oatmeal Cookies



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**Makes:** about 3½ dozen cookies

### INGREDIENTS:

175g butter or margarine, softened  
 100g granulated sugar  
 100g packed light brown sugar  
 2 eggs  
 130g all-purpose flour  
 1 teaspoon baking soda  
 210g rolled oats  
 1 (340g package) HERSHEY'S Premier White Chips  
 160g chopped dried apricots

### METHOD

1. Heat oven to 190°C (Gas Mark 5).
2. Beat butter, granulated sugar, and brown sugar in a large bowl until fluffy. Add eggs; beat well. Add flour and baking soda; beat until well blended. Stir in oats, white chips, and apricots. Loosely form rounded teaspoons of batter into balls; place on ungreased cookie sheet.
3. Bake 7 to 9 minutes or just until lightly browned. Do not overbake. Cool slightly; remove from cookie sheet to wire rack. Cool completely.

## Date Macarons



When **"The Settlement" Cook Book** was first published in 1903, recipes were written with assumptions about what cooks knew, so instructions were somewhat vague. Here is an adaptation of the recipe using modern equipment and our tested directions for bake time and temperature.

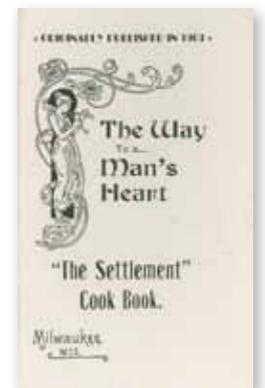
**Makes:** about 4 dozen macarons

### INGREDIENTS

1 (225g) package Sun-Maid chopped dates  
 230g slivered almonds  
 2 egg whites  
 100g granulated sugar

### METHOD

1. Preheat oven to 180°C (Gas Mark 4). Grease or line baking sheets with parchment paper.
2. Place dates and almonds in a food processor. Pulse about 10 times until dates and nuts are finely chopped.
3. Beat egg whites in a large bowl with an electric mixer until foamy, about 1 minute. Gradually add sugar and beat on high speed until very thick and soft peaks form, about 4 minutes.
4. Fold dates and almonds into egg whites. Drop walnut-sized mounds 5cm apart on prepared baking sheet.
5. Bake until golden brown and set, 20 to 25 minutes. Let cool 10 minutes on baking sheet; remove with a metal spatula and cool on a wire rack. Cookies will be crisp then soften upon storage. Store in an airtight container.



The first printing of **"The Settlement" Cook Book** was originally entitled **The Way to a Man's Heart** and was published by the Milwaukee Settlement House in 1903. Reprinted with permission from Applewood Books.

## Vanishing Oatmeal Raisin Cookies



Recipe reprinted with the permission of **Quaker Oats Company**.

**Makes:** 4 dozen cookies

### INGREDIENTS

200g plus 6 tablespoons  
butter, softened  
175g firmly packed brown  
sugar  
115g granulated sugar  
2 eggs  
1 teaspoon vanilla  
190g all-purpose flour  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
½ teaspoon salt (optional)  
255g Quaker® Oats (quick or  
old fashioned, uncooked)  
160g raisins

### METHOD

1. Heat oven to 180°C (Gas Mark 4). In large bowl, beat butter and sugars on medium speed of electric mixer until creamy. Add eggs and vanilla; beat well. Add combined flour, baking soda, cinnamon, and salt; mix well. Add oats and raisins; mix well.
2. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
3. Bake 8 to 10 minutes or until light golden brown. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered.

### VARIATIONS:

1. Bar Cookies—Press dough onto bottom of ungreased 20 x 30cm baking pan. Bake 30 to 35 minutes or until light golden brown. Cool completely in pan on wire rack. Cut into bars. Store tightly covered. Makes 24 bars.
2. Other Variations—Stir in 130g chopped nuts. Substitute 130g semisweet chocolate chips or candy-coated chocolate pieces for raisins; omit cinnamon. Substitute 160g diced dried mixed fruit.

## Linda's Persimmon Drop Cookies



**Makes:** about 3 dozen cookies

### INGREDIENTS

115g butter or  
shortening  
100g sugar  
240ml persimmon pulp  
1 egg  
1 teaspoon baking soda  
260g flour  
½ teaspoon each  
cinnamon, cloves,  
and salt  
160g Sun-Maid raisins  
130g chopped walnuts



### METHOD

1. Heat oven to 180°C (Gas Mark 4).
2. Beat butter and sugar in a large bowl until creamy.
3. Add persimmon pulp, egg, and baking soda; beat until smooth.
4. Stir in flour, cinnamon, cloves, and salt.
5. Mix in raisins and walnuts.
6. Drop rounded tablespoonfuls onto greased or parchment lined baking sheets.
7. Bake until set and bottoms are golden brown, 12 to 15 minutes. Transfer cookies to a wire rack to cool.

## Presidential Fruit Cookies



The Lincoln family regularly purchased macaroon pyramids, cookies piled high and held together with spun or caramelized sugar. President Abraham Lincoln also enjoyed fruit, so along with macaroons, he kept his cupboard stocked with fruit cookies.

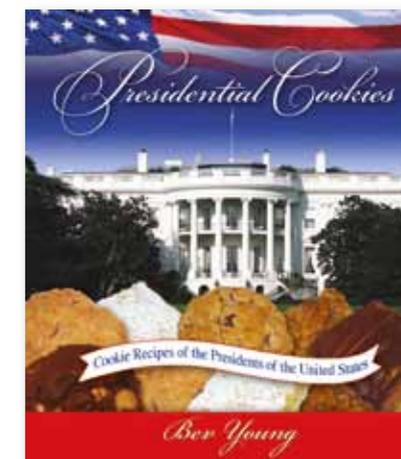
**Makes:** 4 dozen cookies

### INGREDIENTS

300g sugar  
230g soft butter  
3 well-beaten eggs  
45ml tablespoons water  
420g flour  
1 teaspoon baking soda  
¼ teaspoon salt  
½ teaspoon cinnamon  
80g currants  
80g raisins, chopped  
130g walnuts, chopped

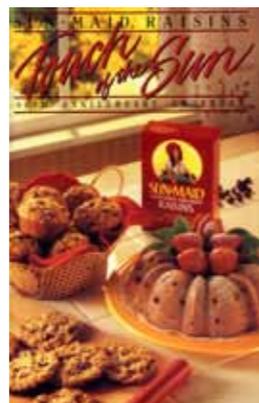
### METHOD

1. Preheat oven to 180°C (Gas Mark 4).
2. In a large bowl, combine sugar with butter. Cream until fluffy.
3. Add eggs and water and beat thoroughly.
4. In another bowl, sift flour, soda, salt, and cinnamon.
5. Combine dry ingredients with butter and sugar mixture.
6. Add fruits and nuts and mix well.
7. Drop by teaspoon on a greased cookie sheet.
8. Bake for 15 minutes.
9. Remove to a rack to cool.



From **Presidential Cookies**; Presidential Publishing 2005, reprinted with permission from the publisher.

## Classic Raisin Carrot Cake & Tropical Carrot Cake



From 1992 Sun-Maid recipe book.

**Makes:** 12 servings

### INGREDIENTS

#### CAKE

4 large eggs  
400g granulated sugar  
240ml vegetable oil  
1 teaspoon vanilla extract  
320g all-purpose flour  
1 tablespoon ground cinnamon  
1 teaspoon baking soda  
½ teaspoon salt  
450g finely grated carrots  
240g Sun-Maid Natural Raisins  
130g chopped walnuts, optional

#### CREAM CHEESE FROSTING

230g cream cheese, softened  
30g butter, softened  
115g powdered sugar  
1 teaspoon vanilla extract  
10 to 15ml milk

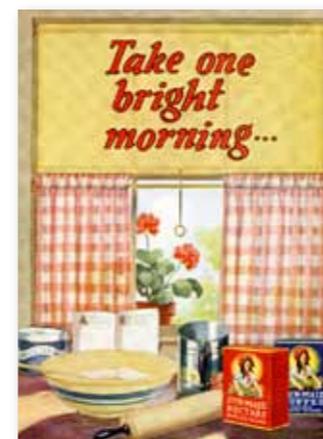
### METHOD

1. Heat oven to 180°C (Gas Mark 4). Coat 25cm tube pan or 2.8 liter fluted tube pan with nonstick cooking spray.
2. Combine eggs, sugar, oil, and vanilla in large mixing bowl.
3. Beat with electric mixer until light and fluffy.
4. Combine flour, cinnamon, baking soda, and salt in separate bowl. Gradually add to oil mixture; mix well. Stir in carrots, raisins, and walnuts. Pour batter into greased pan.
5. Bake for 1 hour or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan and cool on wire rack.
6. Combine all frosting ingredients; blend until smooth.
7. Frost top of cake.

**VARIATION: Tropical Carrot Cake**—Reduce oil to 180ml and reduce cinnamon to 1 teaspoon. Use golden raisins, if desired. Add one 225g can crushed pineapple, drained; 90g sweetened, shredded coconut; 80g finely chopped crystallized ginger or 1½ teaspoons dry ginger; substitute 130g chopped macadamia nuts for walnuts. For glaze, increase milk to 30–45ml and blend with frosting ingredients. Drizzle over cake. Garnish with toasted coconut and chopped crystallized ginger, if desired.



## Dorothy's Apricot Strudel



Sun-Maid's 1931 recipe book featured baked desserts similar to this treasured family recipe.

**Makes:** four 30 x 10cm strudels, about 48 slices

### INGREDIENTS

#### PASTRY

260g all-purpose flour  
115g butter, softened  
240ml sour cream

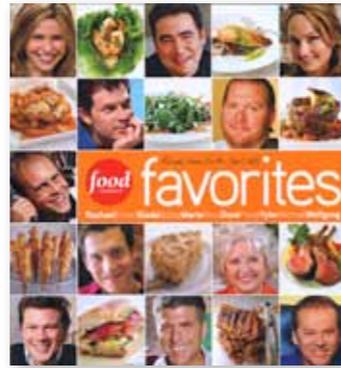
#### FILLING

240g chopped Sun-Maid Dried Apricots  
240ml apricot jam  
90g shredded sweetened coconut  
130g chopped walnuts  
Juice of 1 lemon  
Powdered sugar

### METHOD

1. In a large bowl, stir together flour, butter, and sour cream to make a soft dough. (Or blend in a mixer with paddle attachment). Wrap dough in plastic and refrigerate until well-chilled, 4 hours or overnight.
2. Preheat oven to 180°C (Gas Mark 4).
3. Combine apricots, jam, coconut, walnuts, and lemon juice in a saucepan. Place over low heat and stir just until jam is melted and mixture is blended. Remove from heat.
4. Divide dough equally into four pieces. On a floured surface, roll one piece to an 20 x 30cm rectangle. Spread one-fourth of the filling in a 7 x 30cm strip on center of dough. Fold sides of dough over filling; invert onto a baking sheet and tuck ends under. Repeat with remaining dough and filling.
5. Bake until golden brown, 30 to 35 minutes. Cool. Sprinkle with powdered sugar. Slice into 3cm-wide strips to serve.
6. Store whole strudels in an airtight container for up to 3 days or freeze for longer storage.

## Quick Peaches & Golden Raisins Cobbler



From **Food Network Favorites: Recipes from Our All-Star Chefs**; Wiley 2005; reprinted with permission from the publisher.

**Makes:** 4 servings

### INGREDIENTS

980g frozen sliced peaches (1 large sack)  
1 (225g) package complete biscuit mix (recommended: Jiffy™ brand)  
120ml water  
125g granulated sugar, divided  
2 teaspoons ground cinnamon  
¼ teaspoon ground nutmeg—eyeball it  
½ teaspoon allspice  
⅛ teaspoon black pepper, a couple of pinches  
Pinch salt  
50g golden raisins  
40g sliced almonds  
Ice cream or whipped cream for serving (optional)

### METHOD

1. Preheat the oven to 220°C (Gas Mark 7). Place the frozen peaches in a 20 x 20cm glass baking dish and defrost in the microwave on high for about 3 minutes.
2. While the peaches are defrosting, make the cobbler topping: In a bowl, combine the biscuit mix with water. Stir until thoroughly combined but do not overwork. In another bowl, combine 100g sugar, 1 teaspoon of the cinnamon, the nutmeg, allspice, black pepper, salt, and raisins.
3. Remove the peaches from the microwave and combine with the sugar mixture in the baking dish. Top the seasoned peaches with the wet biscuit mix, using your fingers to press it out until even. Top the biscuit mix with almonds. Mix the remaining 1 teaspoon cinnamon and 25g sugar together and sprinkle over the top. Bake until the cobbler top is firm and lightly golden and the peaches are bubbly and hot, about 20 to 25 minutes.
4. Serve warm as is or with ice cream and whipped cream if you have some on hand.

## La Lechera Apple Raisin Cake



Recipe courtesy of Nestlé. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

**Makes:** 16 servings  
**Preparation time:** 15 minutes  
**Cooking time:** 35 minutes

### INGREDIENTS

6 apples, cored, and sliced  
100g chopped walnuts  
100g granulated sugar  
80g raisins  
2 teaspoons ground cinnamon  
1 (400g) can Nestlé La Lechera Sweetened Condensed Milk  
130g all-purpose flour  
60g butter, melted  
2 large eggs  
1 tablespoon baking powder  
Powdered sugar  
Vanilla ice cream

### METHOD

1. Preheat oven to 190°C (Gas Mark 5). Grease 33 x 22cm baking dish.
2. Combine apples, nuts, granulated sugar, raisins, and cinnamon in large bowl.
3. Pour into prepared baking dish; set aside.
4. Place sweetened condensed milk, flour, butter, eggs, and baking powder in blender; cover. Blend until smooth. Pour batter over apple mixture.
5. Bake for 35 to 40 minutes or until knife inserted in the middle comes out clean. Serve warm sprinkled with powdered sugar and with a scoop of vanilla ice cream.

TIP: This fragrant cake is also wonderful drizzled with Abuelita syrup.

## Mexican Rice Pudding



**Makes:** approximately 1 liter

### INGREDIENTS

230g medium or long rice  
1 cinnamon stick  
20g lemon, orange or lime zest  
Pinch of salt  
960ml milk  
50g granulated sugar  
80g Sun-Maid Natural Raisins  
1 tablespoon vanilla extract  
Ground cinnamon

### METHOD

1. Combine 240ml water, rice, cinnamon, zest, and salt in a deep saucepan with lid. Bring to a boil over medium heat. Reduce heat, cover, and simmer 2 to 3 minutes until water is absorbed.
2. Stir milk and sugar into rice. Simmer over medium-low heat, stirring constantly until rice is soft and milk is thickened and creamy, about 20 minutes, depending on type of rice.
3. Stir in raisins and vanilla. Cook 2 minutes. Remove from heat and let cool 30 minutes (pudding will thicken). Spoon into dessert bowls. Serve warm or chilled sprinkled with cinnamon if desired.

## Light Citrus Cheesecake



**Makes:** 12 servings

### INGREDIENTS

#### CRUST

160g Sun-Maid Golden Raisins  
130g walnuts

#### FILLING

180ml orange juice  
8g unflavored powdered gelatin  
150g sugar  
2 (225g) packages fat-free cream cheese, softened  
180ml low-fat lemon or orange-flavored yogurt  
1 teaspoon grated lemon or orange peel  
80g Sun-Maid Golden Raisins  
Finely shredded or zested lemon or orange peel for garnish

### METHOD

1. Heat oven to 190°C (Gas Mark 5). Spray a 22cm springform pan with cooking spray.
2. Process 160g golden raisins and walnuts in food processor until finely chopped, about 30 seconds.
3. Press in bottom and 1cm up sides of springform pan.
4. Bake 8 minutes or until nuts are toasted and crust is set. Cool completely.
5. Combine 60ml of the orange juice and the gelatin in 1 liter saucepan. Let stand 5 minutes or until soft.

6. Heat gelatin mixture over low heat just until gelatin is dissolved.
7. Stir in remaining orange juice and sugar. Heat just until mixture is warm and sugar is dissolved.
8. Beat cream cheese in large bowl with electric mixer on medium until light and fluffy. Gradually beat in warm orange juice mixture until well mixed. Beat in yogurt and 1 teaspoon orange peel. Stir in 80g golden raisins.
9. Pour mixture into crust. Garnish with citrus peel.
10. Refrigerate at least 2 hours or until set.

## Date and Blue Cheese Crostini



A simple combination of dates and mild blue cheese make a rich taste. Broil on crisp crostini and serve warm, or serve cold as a spread for crackers or sliced baguette.

**Makes:** 24 servings

### INGREDIENTS

120g Sun-Maid Chopped Dates  
160 to 170g soft or triple cream blue cheese (such as Cambazola cheese)  
40g finely chopped and toasted pistachios or pecans  
Plain baguette toasts or melba crackers  
Whole pistachios or pecans for garnish

### METHOD

1. Chop dates into approximately 6mm pieces. Cut rind from cheese.
2. Combine dates and cheese using a fork or flexible spatula until mixture is well blended.
3. Mix in chopped pecans.
4. Spread 1 to 2 teaspoons of date-cheese mixture onto baguette toasts and top with a whole pecan.
5. Place on a baking sheet.
6. Broil 8 to 10cm from heat, just until bubbly, 1 to 2 minutes. Serve warm.

## Turkey Empanadas



**Makes:** 18 servings

**Preparation Time:** 20 minutes

**Cooking Time:** 21 minutes

### INGREDIENTS

1 package (490g) puff pastry sheets, thawed  
15ml vegetable oil  
1 medium onion, chopped  
2 cloves garlic, chopped  
400g cooked, shredded turkey or chicken  
1 small can diced green chiles, (about 110g)  
120ml water  
80g raisins  
1 tablespoon Maggi Granulated Chicken Flavor Bouillon  
1 teaspoon ground cumin  
1 large egg, lightly beaten

### METHOD

1. Preheat oven to 200°C (Gas Mark 6).
2. Heat oil in large skillet. Cook onion and garlic, stirring occasionally, for 3 minutes or until tender. Add turkey, chiles, water, raisins, bouillon, and cumin. Cook, stirring occasionally, for 3 minutes or until heated through.
3. Unfold pastry on lightly floured surface. Roll each pastry sheet into 30cm square and cut each into nine 10cm squares (you will have 18 squares total).
4. Place 30ml turkey mixture in center of each square. Brush edges with beaten egg. Fold squares over filling to form triangles. Crimp edges to seal. Place on baking sheet. Brush with beaten egg.
5. Bake for 15 minutes or until golden. Serve warm or at room temperature.

 **Nestlé**  
Good Food, Good Life



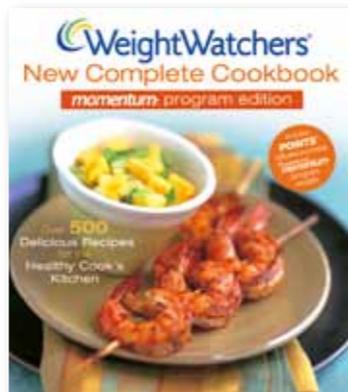
Recipe courtesy of **Nestlé**. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

## Caramelized Onion, Fig, and Stilton Pizza



### METHOD

1. To caramelize the onions, in a 30cm non-stick skillet over medium heat, heat the oil and butter. Add the onions and cook, stirring occasionally, until light golden, about 6 minutes. Reduce the heat to low, stir in the figs, and cook, stirring occasionally, until the onions are golden brown and well softened and the figs are softened, about 12 minutes.
2. Preheat the oven to 230°C (Gas Mark 8). Place the pizza crust on a nonstick pizza pan or baking sheet. Spoon the onion mixture on the crust, then sprinkle with the cheese. Bake until heated through and the cheese melts slightly, about 15 minutes.



From **Weight Watchers New Complete Cookbook**; Wiley 2009; reprinted with permission from the publisher.

Sweet, large, juicy Vidalia onions, which hail from Georgia, are perfect for caramelizing. If you can't find them, substitute 6 regular yellow onions or 3 yellow and 3 red onions. In this recipe, the natural sugar from the figs also helps to sweeten and caramelize the onions. Savory, tangy Stilton is our first choice of blue cheese here, but you can substitute any good blue-vein cheese, such as Roquefort or Gorgonzola.

**Makes:** 6 servings

### INGREDIENTS

- 2 teaspoons olive oil
- 1 teaspoon butter
- 3 Vidalia onions, thinly sliced
- 6 dried figs, stems removed, then sliced
- 1 (280g) thin prebaked pizza crust
- 80g Stilton cheese, crumbled

## Snappy Salsa



**Makes:** 720ml

### INGREDIENTS

- ½ red bell pepper, diced
- ½ yellow bell pepper, diced
- ½ green bell pepper, diced
- 160g Sun-Maid Natural Raisins or Sun-Maid Dried Apricots or Peaches
- 240g diced fresh pineapple
- ½ red onion, diced
- ½ jicama, diced (optional)
- 60ml finely chopped cilantro or parsley
- ½ jalapeno, seeded and minced
- 45ml lime juice
- 1 small clove minced garlic
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon salt

Sweet and spicy, with just the right amount of heat, our favorite salsa can be made with raisins, apricots, or peaches. From appetizers to entrees, quesadillas to grilled fish, it's the perfect addition to your spring meals.

### METHOD

1. Combine all ingredients in a medium bowl.
2. Cover and refrigerate for at least 1 hour for flavor to develop.
3. Serve with chips, as a dip, on bruschetta (see below), or as suggested above.

**BRUSCHETTA:** A favorite Italian appetizer and snack. Rub thin slices of baguette (small French bread) with one clove garlic. Grill or bake slices in 180°C (Gas Mark 4) oven until crisp, 5 to 10 minutes. Top each slice with 1 tablespoon goat cheese or other soft white cheese and 1 tablespoon Snappy Salsa.



From 1996 Sun-Maid recipe book.

## Curried Nut Mix



Recipe courtesy of Guittard Chocolate Company.

**Makes:** 960ml

### INGREDIENTS

- 20g sugar
- 4 teaspoons curry powder (hot or mild to your taste)
- 1 teaspoon salt
- 2 tablespoons egg white
- 270g roasted pistachios
- 140g roasted sunflower seeds
- 160g golden raisins
- 40g diced candied or crystallized ginger
- 160g Guittard Real Milk Chocolate Chips

### METHOD

1. Preheat oven to 180°C (Gas Mark 4). In a medium bowl combine sugar, curry, and salt. Mix in egg whites. Add nuts and mix well until evenly coated. Spread onto baking sheet lined with *silpat* or foil coated with cooking spray.
2. Bake for about 10 minutes, turning mixture over once or twice to assure even roasting, until surface is dry.
3. Remove from oven and mix in raisins and ginger while still hot. Set on rack to cool completely. Mix in milk chocolate chips. Store in airtight container.

## Caribbean Pork Loin with Pineapple Raisin Relish



**Better  
Homes**  
and Gardens.

Originally published in the April 2010 issue of **Better Homes and Gardens® Magazine**. © 2010 Meredith Corporation. All rights reserved.

**Makes:** 8 servings  
**Preparation time:** 45 minutes  
**Cooking time:** 1 hour 15 minutes

### INGREDIENTS

#### PORK

40g fresh oregano  
40g fresh cilantro leaves  
120ml pineapple juice  
20g finely shredded lime peel  
45ml lime juice  
2 teaspoons kosher salt  
4 cloves garlic  
1½ teaspoons ground cumin  
120ml olive oil  
1 (1.5 to 2kg) bone-in loin center rib roast

#### RELISH

250g chopped pineapple  
160g golden raisins  
4 green onions, chopped  
60ml pineapple juice  
45ml lime juice  
5g chopped fresh cilantro  
¼ teaspoon kosher salt  
180ml canola oil  
16 large corn tortillas, quartered  
2 limes, quartered

### METHOD

1. Preheat oven to 160/170°C (Gas Mark 3). In food processor or blender combine oregano, cilantro, pineapple juice, the lime peel, lime juice, kosher salt, the garlic, and cumin. Cover and blend or process until chopped. With the motor running, add the olive oil in a thin, steady stream until incorporated.
2. With sharp knife, score surface of pork roast with small slits. Place roast in roasting pan, bone side down. Pour herb mixture over roast. Roast, uncovered 1¼ to 1¾ hours or until an instant-read thermometer inserted into center of roast reads 65°C, spooning herb mixture over meat two or three times during roasting. Lightly tent with foil and let stand 10 minutes. Temperature will rise to 71°C.
3. For relish, in bowl combine pineapple, golden raisins, green onions, pineapple juice, lime juice, cilantro, and kosher salt.
4. In large skillet, heat canola oil over medium heat. Cook tortilla wedges in hot oil for 15 to 20 seconds per side. Drain on paper towels. Wrap in foil to keep warm.
5. To serve, cut meat from bone and thinly slice. Serve with tortilla wedges, relish, and garnish with lime wedges.

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## Quick Chicken Curry



**Makes:** 3-4 servings

### INGREDIENTS

340g boneless, skinless chicken breasts, cut into 2cm pieces  
45ml vegetable oil, divided  
1 small red bell pepper, cut into 2cm pieces  
¼ onion, minced  
8g all-purpose flour  
1 tablespoon curry powder  
360ml Pearl® Organic Soymilk Creamy Vanilla  
¾ teaspoon salt  
**Hot cooked rice**  
**Condiments:** cashews, raisins, toasted coconut



**KIKKOMAN**®

Recipe courtesy of [Kikkomanusa.com](http://Kikkomanusa.com)

### METHOD

1. Stir-fry chicken in 15ml hot oil in wok or large skillet over medium-high heat 2 minutes. Add bell pepper and stir-fry 2 minutes longer; remove.
2. Reduce heat to medium-low; heat remaining oil in same pan. Add onion; stir-fry 2 minutes.
3. Stir in flour and curry powder; cook 1 minute. Gradually stir in soymilk and salt. Bring to boil, stirring constantly.
4. Add chicken mixture; cook and stir until heated through.
5. Serve over rice and top with condiments.

## Chicken and Asparagus with Raisin-Wine au Jus



A wonderful dish that's the perfect star for a spring lunch or dinner.

**Makes:** 4 servings

### INGREDIENTS

30ml finest olive oil  
4 Foster Farms Boneless Skinless Chicken Breasts  
Salt and pepper  
30g butter  
3 cloves garlic, finely minced  
450g fresh asparagus, trimmed and cut into 5cm pieces  
40g raisins  
60ml hearty red wine, such as cabernet or pinot noir

### METHOD

1. In a large skillet or sauté pan, heat olive oil over medium heat until warmed. Add boneless skinless chicken breasts and cook for approximately 7 minutes, or until golden brown on all sides.
2. Season with salt and pepper to taste, remove from pan and keep warm.
3. Drain any excess liquid from pan and warm butter over medium heat.
4. Sauté the finely minced garlic for 2 minutes. Add the asparagus, cover, and cook for 2½ minutes.
5. Add the red wine and the raisins, and continue cooking until the wine has evaporated.
6. Pour over cooked chicken breasts and serve.



Recipe courtesy of  
**Foster Farms.**

## Cranberry-Raisin Turkey Wraps



From 2005 Sun-Maid  
recipe book.

**Makes:** 6 servings

### INGREDIENTS

120ml water  
30g brown sugar, packed  
20g sugar  
60ml cider vinegar  
110g fresh or frozen cranberries  
120g Sun-Maid Natural Raisins  
½ onion chopped  
1 tablespoon fresh ginger, grated  
½ teaspoon red pepper flakes  
90g cream cheese, softened  
200g shredded sharp cheddar cheese  
6 large flour tortillas  
600g sliced deli turkey  
40g chopped walnuts  
20g fresh cilantro, chopped

### METHOD

1. Combine water, sugars, and vinegar in a medium saucepan over medium heat. Stir until sugars dissolve.
2. Add cranberries, raisins, onion, ginger, and pepper flakes. Bring to a simmer and cook 5 to 10 minutes or until slightly thickened. Cool. Cover and refrigerate until chilled.
3. Preheat oven to 180°C (Gas Mark 4). Mix together cream cheese and cheddar cheese; spread about 45ml on each tortilla. Top with several slices of turkey, 45ml cranberry-raisin mixture, 15ml walnuts, and one heaping teaspoon of cilantro.
4. Roll up tortillas and wrap individually in aluminum foil. Place on a baking sheet and bake 5 to 10 minutes until heated through. Serve warm.

## Moroccan Garbanzo Beans with Raisins



Garbanzo, chickpea, ceci: this bean with many names shares culinary history with Mediterranean, Middle Eastern, Indian, and Mexican cultures. Unlike most cooked legumes, this nutty-flavored bean has a firm texture.

**Makes:** 4 servings

**Preparation time:** 20 minutes

**Total time:** 20 minutes

### INGREDIENTS

300g uncooked regular long-grain white rice  
580ml water  
15ml peanut or vegetable oil  
1 large onion, sliced  
1 medium onion, chopped  
1 clove garlic, finely chopped  
1 acorn squash, or ½ butternut squash, diced  
40g raisins  
240ml vegetable broth  
1 teaspoon ground turmeric  
1 teaspoon ground cinnamon  
½ teaspoon ground ginger  
1 (430 to 450g) can garbanzo beans, drained, rinsed

### METHOD

1. Cook rice in water as directed on package.
2. Meanwhile, in 2.8 liter saucepan, heat oil over medium heat. Add sliced onion, chopped onion, and garlic; cook about 7 minutes, stirring occasionally, until onions are tender. Stir in remaining ingredients except garbanzo beans.
3. Heat to boiling. Reduce heat; cover and simmer about 8 minutes, stirring occasionally, until squash is tender. Stir in beans; heat thoroughly. Serve over rice.

Make the most of this recipe with tips from  
The Betty Crocker® Kitchens.



Recipe courtesy of  
**BettyCrocker.com**

## Fresno-Valley Zucchini and Raisins Pizza



**Makes:** 4 servings

### INGREDIENTS

- 15ml olive oil
- 1 large clove garlic, minced or pressed
- 1 teaspoon grated lemon zest
- 1 small zucchini
- 1 large or 2 small Valley Lahvosh round flat bread
- 110g crumbled feta cheese or soft goat cheese
- 50g Sun-Maid Natural Raisins
- 45g shredded Parmesan cheese
- 1 tablespoon pine nuts

### METHOD

1. Preheat oven to 190°C (Gas Mark 5).
2. Combine olive oil, garlic, and lemon zest in a medium bowl.
3. Slide a vegetable peeler firmly along the length of the zucchini to make thin "ribbons." Mix zucchini ribbons thoroughly with olive oil mixture.
4. Crumble feta or spread goat cheese evenly over lahvosh.
5. Sprinkle raisins over cheese. Arrange zucchini evenly on top, lightly folding and mounding zucchini ribbons. Sprinkle with Parmesan and pine nuts.
6. Bake on oven rack or a baking sheet for 10 minutes or until cheese is melted.

## Lemon and Date Chicken Salad



Dates and cinnamon are a sweet contrast to tangy lemon and green onion in this pleasantly different chicken salad.

**Makes:** 4 servings

### INGREDIENTS

- 30ml lemon juice
- 30ml olive oil
- 1 green onion, sliced
- 1 tablespoon fresh, chopped cilantro or parsley
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 500g diced or shredded cooked chicken
- 80g Sun-Maid Chopped Dates
- 1 stalk celery, thinly sliced
- 50g coarsely chopped, toasted cashews or peanuts (optional)

### METHOD

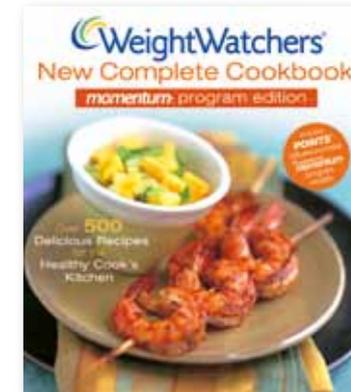
1. Combine lemon juice, olive oil, green onion, cilantro or parsley, cinnamon, and salt in a medium bowl.
2. Stir in chicken, dates, celery, and cashews.
3. Cover and refrigerate 1 hour before serving to blend flavors.
4. Serve as an entrée salad, in a tortilla wrap, in a sandwich, or as a pocket bread filling.

## Chicken with olives and dates



### METHOD

1. To prepare the marinade, in a 3 to 4 liter size zip-close plastic bag, combine the oil, garlic, ginger, cumin, paprika, turmeric, cinnamon, and salt. Add the chicken. Seal the bag, squeezing out the air; turn to coat the chicken. Refrigerate, turning once, for 1 hour. Drain and discard the marinade.
2. Spray a large nonstick skillet with nonstick spray, and heat. Add the chicken and broth; cook, covered, for 15 minutes. Turn the chicken over; sprinkle with the apricots, dates, olives, lemon zest, and water. Cook, covered, checking occasionally, until the chicken is cooked through, about 15 minutes longer. If the chicken begins to stick to the skillet, add 15 to 30ml more water.



From **Weight Watchers New Complete Cookbook**; Wiley 2009; reprinted with permission from the publisher.

This Middle Eastern-inspired dish combines sweet spices, fruit, and poultry with olives. You might like to try it on a bed of couscous.

**Makes:** 4 servings

### INGREDIENTS

- 15ml olive oil
- 2 garlic cloves, crushed
- 1 teaspoon minced peeled fresh ginger
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon turmeric
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- 450g skinless boneless chicken drumsticks
- 60ml low-sodium chicken broth
- 40g dried apricot halves, chopped
- 2 pitted dates, coarsely chopped
- 10 small kalamata olives, pitted and chopped
- 20g grated lemon zest
- 15ml water

## Raisin Serrano Quesadillas



**Makes:** 4 servings

### INGREDIENTS

10 small Serrano peppers  
1 teaspoon olive oil  
30ml regular or reduced sodium soy sauce  
80g Sun-Maid Natural Raisins  
4 large flour tortillas  
240g shredded Monterey Jack cheese  
Sour cream  
Cilantro for garnish

### METHOD

1. Slice Serrano peppers lengthwise in half. Remove stems and seeds. Thinly slice into lengthwise strips. (Wear gloves to protect hands.)
2. Heat olive oil in a small frying pan. Add pepper strips and cook over medium heat 3 to 4 minutes, stirring constantly until peppers begin to blister and soften. Add soy sauce and raisins. Cook 30 seconds or until liquid is nearly evaporated. Remove from heat and set aside. (Be sure to work in a well-vented area.)
3. Heat a wide frying pan over medium heat. Brown one side of one tortilla; flip tortilla over and place one fourth of the cheese and peppers on half the tortilla. Fold the other half of the tortilla over the filling. Continue to cook over medium heat, turning once to brown the other side. Repeat with remaining tortillas.
4. Cut in wedges and serve with sour cream and cilantro.

## Spicy Asian Slaw

**Makes:** 4 servings

### INGREDIENTS

45ml rice vinegar  
30ml soy sauce  
15ml dark sesame oil  
¼ teaspoon crushed red pepper flakes  
960ml (225g) packaged coleslaw mix (shredded fresh cabbage and carrots)  
80g Sun-Maid Natural Raisins  
2 thinly sliced green onions  
40g peanuts or chopped cashews (optional)

### METHOD

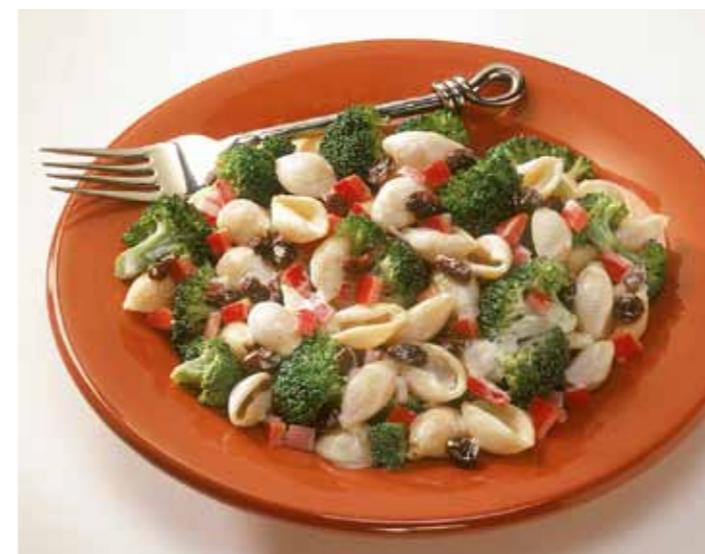
1. Combine vinegar, soy sauce, sesame oil, and pepper flakes. Mix well.
2. Add coleslaw mix, raisins, and green onions. Toss well.
3. Chill at least 1 hour or up to 24 hours before serving. Sprinkle with peanuts, if desired.



Recipes for Spicy Asian Slaw and Broccoli Pasta Toss are from the 2002 Sun-Maid recipe book.



## Broccoli Pasta Toss



**Makes:** 4 servings

### INGREDIENTS

**MAIN DISH**  
230g small broccoli florets  
150g cooked shell pasta  
80g Sun-Maid Natural Raisins  
½ chopped red onion  
½ chopped red bell pepper

### DRESSING

80ml reduced-calorie mayonnaise  
15ml cider vinegar  
½ teaspoon sugar  
Salt and pepper

### METHOD

1. Combine all salad ingredients.
2. Combine all dressing ingredients and blend well.
3. Pour dressing over salad. Add salt and pepper to taste. Toss and serve.

## Dolmas Salad



After making dolmas—stuffed grape leaves shown at right—one chef did not want to discard the grape leaf pieces left over. So she combined them with other dolma ingredients into a salad. It would make a wonderful side dish for roasted lamb. Preserved grape leaves are sold in jars in Middle Eastern markets and in many well-stocked supermarkets.



**Makes:** 4 to 6 servings

### INGREDIENTS

30g pine nuts  
3 thinly sliced green onions (white and pale green parts only)  
15ml olive oil  
340g long-grain white rice  
600ml fat-skimmed chicken broth or vegetable broth  
120ml chopped preserved grape leaves (reserve 60ml brine)  
60ml lemon juice  
40g raisins  
¼ teaspoon pepper  
10g chopped parsley  
10g chopped fresh dill  
1 lemon (optional), rinsed and quartered

Recipe courtesy of  
**Sunset Magazine.**

### METHOD

1. In a 3 to 4 liter pan over medium heat, stir pine nuts and half the green onions in oil until nuts begin to brown and onions are limp, about 5 minutes.
2. Stir in rice, chicken broth, grape leaves and reserved brine, lemon juice, raisins, and pepper. Bring to a boil, then reduce heat to low, cover, and simmer until liquid is absorbed and rice is tender to bite, 30 to 35 minutes.
3. Fluff rice mixture with a fork; stir in parsley, dill, and remaining green onions. Mound salad on a platter and garnish with lemon quarters if desired. Serve warm or at room temperature.

## Albacore Waldorf Salad



**Makes:** 2 servings

**Preparation time:** 10 minutes

### INGREDIENTS

130g StarKist® Albacore Tuna in Water  
15ml lemon juice  
20g raisins  
60ml mayonnaise  
¼ teaspoon ground cinnamon  
1 large size apple, cored, and chopped  
2 stalks celery, chopped  
20g walnuts or pecans, chopped  
30ml milk  
Sugar, to taste

**StarKist®**

Recipe courtesy of **Starkist**. 2011 Starkist Co. All rights reserved.

### METHOD

1. In a large bowl, toss together apples and lemon juice.
2. Add celery, raisins, walnuts, and tuna. Toss gently.
3. In a medium bowl, combine mayonnaise, milk, and cinnamon. Blend well. (For a sweeter dressing, add sugar.)
4. Pour dressing over apple-tuna mixture. Toss gently to coat.

**TIP:** For a lower-fat version, use reduced fat or nonfat mayonnaise and nonfat milk.

## Raisin Carrot Salad



**Makes:** 6 servings

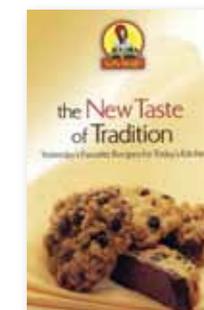
### INGREDIENTS

140g grated carrots  
160g Sun-Maid Natural Raisins  
2 stalks celery, thinly sliced  
30g chopped walnuts (optional)  
80ml low-fat mayonnaise or plain yogurt

### METHOD

1. Combine all ingredients and toss well.
2. Cover and refrigerate until chilled.

**SERVING SUGGESTION: Sandwich**—Serve raisin carrot salad in pocket bread or tortilla roll-up with smoked deli turkey.



From 2007 Sun-Maid recipe book.

## Moroccan Quinoa



Recipe courtesy of Nestlé.  
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Vevey, Switzerland.

Perfect for any night of the week, this Moroccan-inspired dish features a flavor-rich combination of quinoa, cilantro, pine nuts, and dried fruit. Serve as a side dish or add cooked meat or fish for a meal all its own.

**Makes:** 6 servings, 120ml each  
**Preparation Time:** 10 minutes  
**Cooking Time:** 20 minutes  
**Cooling Time:** 5 minutes standing

### INGREDIENTS

15ml extra-virgin olive oil  
1 shallot, chopped  
1 large clove garlic, finely chopped  
240ml water  
240ml Apple Nestlé Juicy Juice® All Natural 100% Juice  
230g ivory quinoa, rinsed  
1½ teaspoons Maggi Granulated Chicken Flavor Bouillon  
½ teaspoon ground cumin  
60g currants or chopped dried cherries or cranberries  
15g coarsely chopped fresh cilantro  
40g pine nuts, toasted  
Ground black pepper

### METHOD

1. Heat oil in medium saucepan over medium-high heat. Add shallots and garlic; cook, stirring occasionally, for 2 minutes or until fragrant.
2. Stir in water, Juicy Juice, quinoa, bouillon, and cumin. Bring to a boil; reduce heat to medium-low. Cover; cook for 15 minutes or until most of liquid is absorbed.
3. Remove from heat; stir in currants. Cover; let stand for 5 minutes.
4. Add cilantro and pine nuts; fluff with fork and serve. Season with pepper.

## Apple-Raisin Stuffing



Recipe courtesy of  
Campbell Soup Company.

**Makes:** 6 to 8 servings

### INGREDIENTS

60g butter  
1 stalk celery, chopped  
1 small onion, chopped  
1 (300g) can Campbell's® Condensed Chicken Broth  
960ml Pepperidge Farm® Herb Seasoned Stuffing  
1 medium apple, cored, and chopped  
40g raisins  
¼ teaspoon ground cinnamon

### METHOD

1. Heat the butter in a 25cm skillet over medium heat. Add the celery and onion and cook until tender, stirring occasionally. Add the broth and heat to a boil. Remove the skillet from the heat. Add the stuffing, apples, raisins, and cinnamon and mix lightly. Spoon the stuffing mixture into a 2 liter casserole.
2. Bake at 180°C (Gas Mark 4) for 25 minutes or until the stuffing is hot.

## Lentil Cakes



Recipe courtesy of the **Produce for Better Health Foundation (PBH)**. Find this recipe and others like it online at [www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org).

**Makes:** 8 servings  
**Preparation time:** 1 hour 15 minutes

### INGREDIENTS

3 curry leaves or ½ teaspoon of curry powder  
200g crimson lentils  
200g beluga lentils  
200g split peas  
1 sweet onion, diced  
1 tablespoon garlic, minced  
15ml olive oil  
3 liters water  
12g garam masala  
45ml olive oil, to sauté the cakes  
50g raisins  
¼ teaspoon salt or to taste  
¼ teaspoon black pepper or to taste

### METHOD

1. Pour olive oil into a large saucepan over medium heat and sauté the onions and garlic until translucent. Add lentils, split peas, garam masala, and curry, and sauté for about 3 to 5 minutes. Add water to the mixture and bring it to a gentle boil. Bring heat down to a simmer and cook until soft, then drain cooking liquid.
2. In a food processor, puree three quarters of the mixture until nice and smooth, saving one quarter for texture.
3. Fold whole lentils and raisins into puree and mix well. Adjust seasoning if necessary.
4. Portion into 60 to 80g cakes. Sauté over medium heat and sear lentil cakes one minute per side. Serve immediately with your favorite chutney or salad.

## Grilled Baby Eggplant With Raisins, Pine Nuts, and Rosemary



**fitness**  
Think. Eat. Repeat.

Recipe courtesy of  
**Fitness Magazine.**

**Makes:** 5 servings  
**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

### INGREDIENTS

120g goat cheese  
1 tablespoon finely chopped rosemary  
120ml extra-virgin olive oil  
30ml balsamic vinegar  
½ teaspoon salt plus additional for seasoning  
6 baby eggplants, trimmed and halved lengthwise  
Freshly ground black pepper  
30g raisins  
30g pine nuts

### METHOD

1. In a bowl, combine the goat cheese and rosemary. Cover tightly with plastic wrap and refrigerate until ready to use. In a separate bowl, whisk together the oil, vinegar, and ½ teaspoon of salt.
2. Preheat a grill to medium-high heat. Brush the eggplant with the marinade and season with salt and the black pepper to taste. Reserve remaining marinade.
3. Transfer the eggplant to the grill cut side down. Close cover and cook, 5 to 7 minutes, turning once halfway through, until eggplant is very tender and lightly charred.
4. Remove eggplant from grill and spread the cut side of each half with goat cheese mixture. Top each half with a sprinkling of raisins and pine nuts. Return eggplant to grill cut side up. Close cover and cook until goat cheese is slightly melted, about 30 seconds. Drizzle with reserved marinade and serve.

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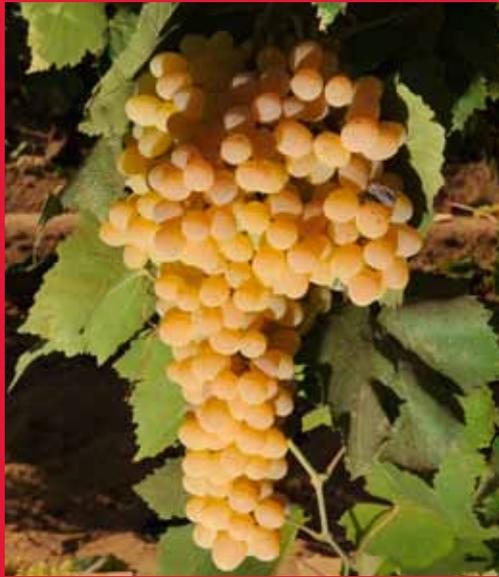
and Veggies—Mix it up!): 41tl. **5 A DAY @ NSF-CMi Ltd.:** 41cl. **Produce for Better Health Foundation** (Fruits & Veggies—More Matters): 41 c, 172. **International Nut and Dried Fruit Council Foundation:** 41bl. **Informa UK Ltd.** (FoodNews): 41bc. **Edwin M. Eaton**, *Vintage Fresno* (Fresno: The Huntington Press, 1965): 42tr. **California State Library**, California History Section, Sacramento: 42cl. **M. Theo. Kearney**, *Fresno County, California, and the Evolution of the Fruit Vale Estate*, revised ed., Fresno, 1903: 43tl. **The Interior**, v.1, no. 4 (Fresno: December 1895): 44br. **Charles C. Colby**, *The California Raisin Industry—A Study in Geographic Interpretation*, Annals of the Association of American Geographers v. 14, no. 2: 45t. **Vincent Petrucci** and **Malcolm Media Press:** 46r, 87tr, 103, 119tr. **Gustav Eisen**, *The Raisin Industry* (San Francisco: H.S. Crocker, 1890): 46br. **Pop Laval Foundation:** 47c, 96r, 111tr, 114br, 130tr. **M. Rieder**, Los Angeles, circa 1910: 52br. **Western Novelty Co.**, Los Angeles: 53bl, 114tr. **The San Francisco Bulletin:** 55tl. **SanFranciscoMemories.com:** 56tr. **Ansel Adams Publishing Rights Trust:** 61bl. **Norman Rockwell Museum:** 62tl, 62br. **E.C. Publications, Inc.** (Mad Magazine): 64r. **Sesame Workshop** (Sesame Street): 64l. **FOX** (The Simpsons): 65c. **Viacom International Inc.** (Blue's Clues): 65b. **Hasbro** (Monopoly): 65tl. **Penguin Group:** 72br. **Midland Tractor:** 82b. **SFI Inc.:** 87trb. **Charles Weidner**, San Francisco, circa 1910: 92c. **Jon Marthedal:** 93tr. **Kane is Able, Inc.:** 97cl, 97bl. **Valley Fig Growers:** 111tl. **Edward Mitchell**, San Francisco, circa 1915: 111bc. **Fresno County Blossom Trail:** 115cl. **Health Canada:** 120tr. **Ministry of Health, Labour and Welfare** (Japan): 120b. **German Nutrition Society:** 121tl. **Chinese Nutrition Society:** 121tr. **Korean Nutrition Society:** 121bl. **National Institute of Nutrition** (India): 121br. **Ministry of Food, Agriculture and Fisheries** (Denmark): 122bl. **National Food Agency** (Sweden): 122br. **Secretary of Health** (Mexico): 123tl. **Department of Health and Ageing** (Australia): 123tr. **Food Standards Agency** (United Kingdom): 123br. **Ministry of Health** (Turkey): 123bl. **Bauducco Foods:** 129cl, 129c, 129cr, 129bl, 129br. **RAC Japan:** 135tl, 135tr. **Betty's Kitchen Magazine:** 135bl, 135br. **Meredith Corporation:** 131 cl, 142r, 160l, 160r. **Wiley:** 136tr, 141br, 144, 154, 158tr, 165tr. **King Arthur Flour Company:** 138. **Unilever PLC and group companies:** 147tl, 147tr. **The Hershey Company:** 148tr. **Applewood Books:** 149br. **Presidential Publishing:** 151br. **Société des Produits Nestlé S.A.:** 155tl, 155tc, 157, 170l, 170r. **Guittard Chocolate Company:** 159bc. **KikkomanUSA.com:** 161cr. **Foster Farms:** 162cr. **BettyCrocker.com:** 163cr. **Valley Lahvosh Baking Co.:** 164tr. **Starkist Co.:** 169tl, 169cl. **Campbell Soup Company:** 171l. **Fitness Magazine:** 173.

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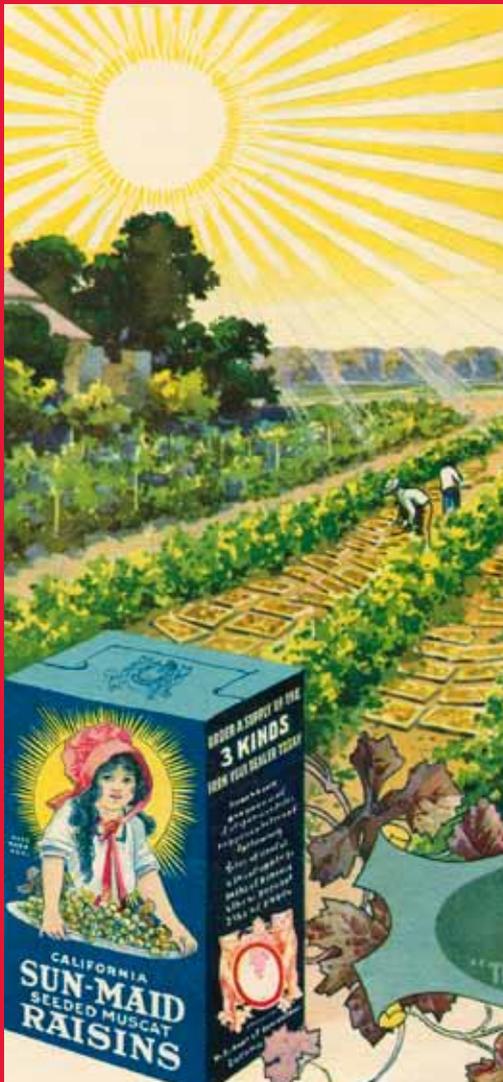
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