

CHAPTER 6

Recipes



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Around the World

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Prize Raisin Bread



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.



From 1915 Sun-Maid recipe book.

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



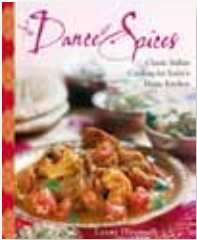
The oven-baked flatbread naan has many variations, including those livened up with golden raisins and spices.

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.



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.



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



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.



From 1964 Sun-Maid recipe book.

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
- 1/4 teaspoon cinnamon
- 1/8 teaspoon salt (optional)
- 80ml milk
- 1 egg

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.



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

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



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.



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

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.



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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

Autumn Fruit Compote



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)



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.

White Chip Apricot Oatmeal Cookies



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.



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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

Date Macaroons



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.

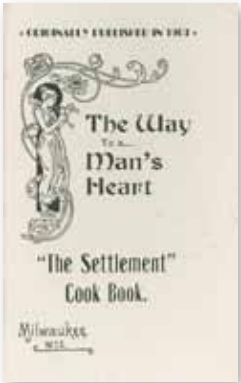
Makes: about 4 dozen macaroons

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**.

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.

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

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.

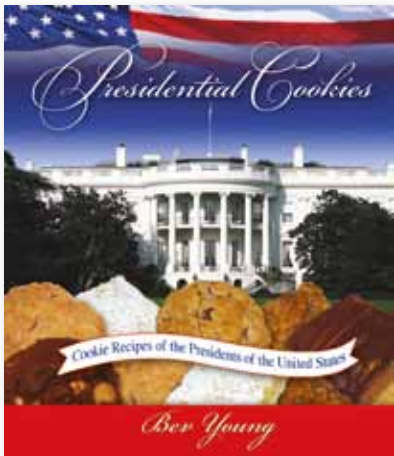
Makes: 4 dozen cookies

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
- 1/2 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 1 1/2 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



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.



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

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.



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

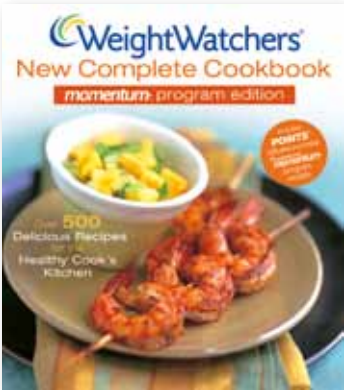
Caramelized Onion, Fig, and Stilton Pizza



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



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.

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



From 1996 Sun-Maid recipe book.

Curried Nut Mix



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.



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

Caribbean Pork Loin with Pineapple Raisin Relish



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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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

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

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

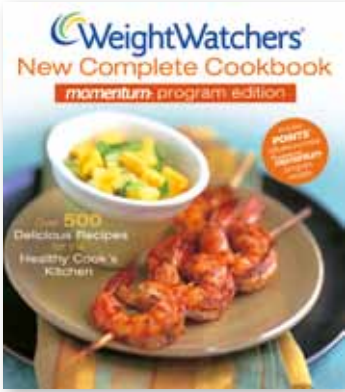
INGREDIENTS

- 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



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

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.

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 | DRESSING |
| MAIN DISH | 80ml reduced-calorie mayonnaise |
| 230g small broccoli florets | 15ml cider vinegar |
| 150g cooked shell pasta | ½ teaspoon sugar |
| 80g Sun-Maid Natural Raisins | Salt and pepper |
| ½ chopped red onion | |
| ½ chopped red bell 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
⅛ teaspoon ground cinnamon
1 large size apple, cored, and chopped
2 stalks celery, chopped
20g walnuts or pecans, chopped
30ml milk
Sugar, to taste



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

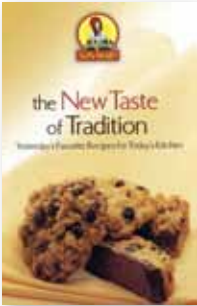


Makes: 6 servings

- 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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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.

- 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.

Makes: 6 to 8 servings

Lentil Cakes



Makes: 8 servings
Preparation time: 1 hour 15 minutes

- INGREDIENTS**
- 3 curry leaves or 1/2 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
 - 1/4 teaspoon salt or to taste
 - 1/4 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.



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

Grilled Baby Eggplant With Raisins, Pine Nuts, and Rosemary



- 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 1/2 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.



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
 - 1/2 teaspoon salt plus additional for seasoning
 - 6 baby eggplants, trimmed and halved lengthwise
 - Freshly ground black pepper
 - 30g raisins
 - 30g pine nuts

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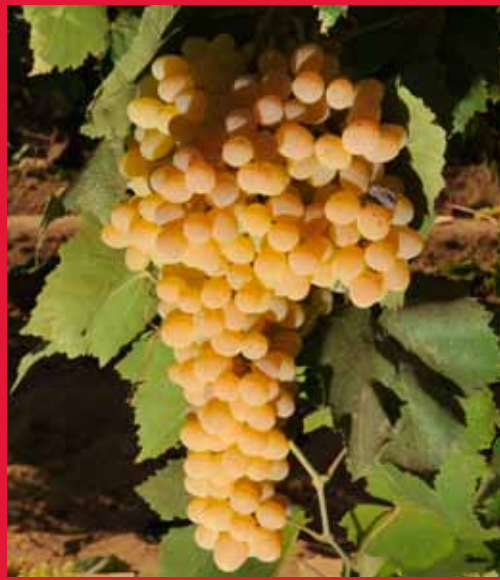
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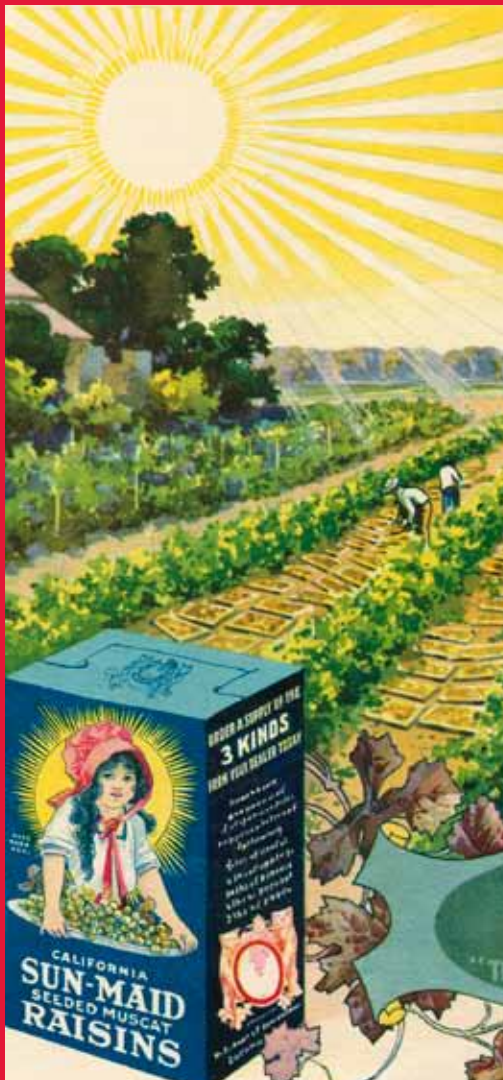
Thank you to the following individuals for their contributions to this publication: **Steve Bryant:** field and facility photography. **Jim Buckley:** publishing consultant. **Kelly Burgoyne:** food styling and photography. **Arianna Carughi, PhD, CNS:** health and nutrition research. **Mike Eliason:** field and facility photography. **Rosemary Mark:** recipe consultation and styling assistance. **James Painter, PhD, RD:** nutrition consultant. **Bill Secrest:** historical research and archives.

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\$35.00 USA
 ISBN 978-0-7566-9352-7 Printed in U.S.A.
 0 0 0 0 0
 9 780756 693527