

Pioneers used to dry fruits



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apricots, mixed fruits and peaches, use one cup fruit to one cup water; figs and prunes use one-half-cup water with one-cup fruit.

The concentrated sugars in dried fruits serves as natural preservative, so storing them is simple. Unopened packages of dried fruits will retain their optimum flavor, color and nutritive value for six to eight months when stored in a cool, dry place or in the refrigerator.

Place opened packages in airtight containers and store in refrigerator to retain moisture. Dried fruits can be frozen, and thaw quickly at room temperature.

To simplify the chopping, coat a sharp knife with cooking oil. The oil keeps the raisins from sticking to the knife.

Whether you are using Grandmother's old recipes or keeping up family traditions, looking for cooking treats, company cooking or making gifts to share, dried fruits can be an old-fashioned touch to all of them. Besides, nothing spreads cheer, goodwill, happiness and love as much as something made in your kitchen.

Just as vitamins and minerals become more concentrated, so does the sugar and calories. For example, a half cup of raisins provides more than 10 times as much iron as a half cup grapes but has 216 calories compared to 29.

If you are calorie conscious, think of dried fruits as a garnish for cereal or yogurt, or as a nutritious sweetener in baked goods rather than a snack alternative to fresh fruit. Nevertheless, dried fruit is still nutritionally attractive, especially as a low-fat, cholesterol-free snack.

Many dried fruits are commonly preserved with sulfites, so if you are sulfite sensitive, carefully check the package. If the fruit has been treated, look for terms such as sulfurdioxide and sodium bisulfite.

The FDA does require that these be clearly labeled on packages slipping containers or bulk bins. Look for the signs above the bins at the bulk food store or ask the manager. Some manufacturers don't add sulfite to their light-colored fruits. Therefore, the label will read "sulfite-free."

One problem with dried fruits is that they stick to your teeth and provide a perfect environment for cavities. Brush and floss your teeth as soon as possible after eating them.

TO COOK DRIED FRUIT in the microwave, combine one cup fruit with water. Microwave, covered, on high until tender. Stir, let stand two minutes. For dried apple chunks,

Spread remaining batter over fruit. Sprinkle Crumb Topping over batter. Bake in a 350-degree oven for 40 to 45 minutes or until done. Cool. Makes 12 servings.

Crumb Topping: In a small bowl, combine 1/2 cup sugar and all-purpose flour. Cut in 2 tablespoons margarine or butter until mixture resembles coarse crumbs. Stir in 1/4 cup chopped walnuts.

Nutrition information per serving: 280 cal., 3 g pro., 41 g carb., 12 g fat, 24 mg chol., 205 mg sodium.

Traditional food favorites using dried fruits can be traced back to many foreign lands and the early pioneers.

Who could forget the fragrant breads, muffins, memorable cakes, cookies and pies, warm breakfast fruits, delicious meat stuffings and salads, all made with dried fruits. Apples, apricots, dates, figs, peaches, pears, prunes, currants and grapes (raisins) are, of course, the most popular and most widely used dried fruit.

The drying process has simply removed the water from the product. As a result, the nutrients are concentrated, leaving the fruit high in minerals as well as the fiber.

These concentrated nutrients are copper, iron and potassium and vitamins A, So, in fact, dried fruits are just about equal in nutritional value to their fresh counterparts. Since the water in the product has been removed, the nutrients have been concentrated into this smaller, lighter product and it's very easy to eat more of the fruit at one sitting.

UNFORTUNATELY, those nutrients come at a high calorie-cost.

AP - When your preferred fresh fruit is out of season, use frozen unsweetened peaches, blueberries or raspberries in this tender coffee cake.

ANY-FRUIT COFFEE CAKE
2 cups raspberries or 2 cups chopped, peeled apples, apricots, mixed or pineapple
1/2 cup water
1 tablespoon lemon juice
1/2 cup sugar
3 tablespoons cornstarch
1 1/2 cups all-purpose flour

cornstarch; stir into fruit mixture. Cook and stir until thickened and bubbly. Cool.

In a mixing bowl, stir together flour, 1/2 cup sugar, baking powder, cinnamon, salt and milk. Cut in margarine until mixture resembles fine crumbs. Combine egg, milk and vanilla. Add to flour mixture, mixing until blended. Spread half the batter in a greased 9-by-9-by-2-inch baking pan.

Coffee cake contains frozen fruit

cooking calendar

QUAKER CALENDAR

The New Quaker Oats 1989 Calendar features 25 easy-to-prepare recipes developed by the Quaker Kitchens, along with color photography. From hearty Vegetable and Cheese Chowder to simple Cranberry Skillet Dressing, there's a recipe for every occasion. Crunchy Cheese Ball is party fare, while Blueberry

new products

CONTEMPORARY LOOK

Stroh's Ice Cream has changed its square half-gallon packaging to more contemporary look. Stroh's also has added to the number of flavors available in square packages, now totaling 13, including French vanilla, vanilla, chocolate, raspberry and cream, strawberry, black cherry, mint chocolate chip, caramel nut cluster, maple walnut, chocolate marshmallow, chocolate chip and Neapolitan. The ice cream is available at such stores as Kroger, Great Scott, A&P, Hollywood Markets, Oakridge supermarkets, Arbor Drugs, Shopping Center markets, most Foodland markets, select IGA markets and other independents.

GOURMET CONDIMENTS

Maitre D'Corp. of France has introduced its award-winning line of convenient, pure, easy-to-use gourmet condiments to selected grocery stores in the United States. The Maitre D' line features such products as Le Ketchup, Dijon La Moutarde mustard, Bolognese-style Pomodoro Concentrate tomato puree, and pure Lemon 8 lemon juice. The products are packaged in a new dispensing system that extends the product shelf life and eliminates the need for kitchen utensils such as can openers and juice squeezers. The condiments are available at Great Scott.

NATURAL COOKIE

Recently introduced is R.W. Frookie, a new cookie - all-natural, fruit juice-sweetened, high in dietary fiber and low in calories, fat and sodium, with no cholesterol or added

Bready Bears brighten brunch

AP - The bready bears have arrived.

These happy-dough-lumpy animals are just waiting to live up your winter menu. Serve them for Sunday brunch.

BREADY BEARS
5 1/4 to 5 1/2 cups all-purpose flour
1 package active dry yeast
1 cup milk
1/2 cup sugar
1/4 cup shortening
1 teaspoon salt
2 beaten eggs
2 tablespoons finely shredded orange peel
1/4 cup orange juice
1 slightly beaten egg white
1 tablespoon water
Sugar glaze (recipe follows)
Dried fruit or nuts (optional)

Combine 2 cups of the flour and the yeast. Heat milk, sugar, shortening and salt until warm (115-120 degrees), stirring constantly. Add to flour mixture along with eggs, orange peel and orange juice. Beat with electric mixer on low speed 30 seconds, scraping bowl often. Beat 3 minutes at high speed. Stir in as much remaining flour as you can. Turn out onto lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Place in greased bowl. Cover, let rise in warm place until double (about 1 hour).

Punch down. Cover and let rest 10 minutes. Divide dough in half, on lightly floured surface roll out one half to 1/4-inch thickness. With biscuit cutters, cut five 2 1/4-inch circles, five 2-inch circles and twenty-five 1-inch circles. Let dough rest before re-rolling. Mix egg white and water.

To assemble each bear, place one 2 1/4-inch circle (body) on baking sheet. Brush edge of one 2-inch circle (head) with egg-white mixture; join to body. Brush four 1-inch circles (arms and legs) with egg-white mixture; join to body. Cut one 1-inch circle in half (ears). Brush flat side; join to head. Repeat with remaining dough.

Cover and let rise in a warm place until nearly double (about 20 minutes). Bake in 375-degree oven for 10-15 minutes. Brush with Sugar Glaze. Decorate with dried fruit and nuts as desired. Brush glaze over decorated areas. Makes 10.

SUGAR GLAZE
Blend together: 2 cups sifted powdered sugar
1/2 cup hot water
1 teaspoon margarine

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