

Michigan Plums Star In Recipes

By ELLY

"Choose juicy, plump Michigan purple plums for quick snacks, home canning and freezing," says Mrs. Larry Trim of the Michigan Department of Agriculture. Singing the praises of Michigan plums, Mrs. Trim said they contain large amounts of vitamins A and C, plus minerals and are low in fat content. They're good for low-sodium diets because they're low in sodium and low in calories. There are only 94 calories in one cup of fresh plums.

Fully ripe plums can be enjoyed all year by tucking them away in your freezer. Frozen plums retain their firmness with no discoloration after thawing. Wash fruit, halve and pit. Freeze by the sugar pack or syrup pack methods. Sugar pack has the best flavor; syrup pack gives more tender skins.

Mrs. Trim dropped off a number of plum recipes. The Michigan season is now at its peak and will continue until early October so there is plenty of time to enjoy them.

PURPLE PLUM PIE
Pastry for 9 inch 2 crust pie
4 c. halved and pitted purple plums
3 T. flour
1 c. sugar
1/2 t. ground cinnamon
1/2 t. ground nutmeg
1/4 t. salt
2 T. lemon juice
2 T. melted butter or margarine.

Heat oven to 425 degrees F. Line nine-inch pie plate with half of pastry. Cut plum halves one, crosswise, arrange in pie plate. Combine flour, sugar, cinnamon, nutmeg and salt; sprinkle over plums. Sprinkle with lemon juice. Cover with rest of pastry. Seal and flute edge. Brush crust with melted butter. Bake 35 to 40 minutes. Serve slightly warm with vanilla ice cream, or eliminate top crust and cover pie with meringue. Return to oven for about 10 minutes to brown meringue.

PLUM CRUMB PUDDING
Wash and cut three pounds plums into quarters. Measure. There should be about six cups of fruit. Combine 1/4 cup sugar and four tablespoons flour; mix with plums. Turn into 10 x 6 x 2 inch baking dish. Mix 1/2 cup sugar and 1 1/4 cups flour together. Add 1/4 cup butter or margarine and cut into crumb consistency. Sprinkle over plums. Bake in preheated 375 degree oven for one hour or until plums are tender and crumbs are brown. Serves six.

PLUM CAKE
Sift eight ounces flour with two teaspoons baking powder, rub in two ounces butter lightly. Mix in two ounces sugar. Add enough milk (about two tablespoons) to make a stiff paste. Roll out to 1/4 inch thick, lay on a greased jelly roll pan. Peel and slice one pound plums (about 6-8 medium sized). Arrange them on top of the pastry. Sprinkle with cinnamon and sugar. Bake in hot oven (425 degrees F.) for 25 minutes.

PLUM SAUCE
Combine 2 cups crushed unpeeled fresh plums with one cup sugar, and 1/4 cup orange juice in saucepan. Mix well. Bring to rapid boil, and then simmer uncovered about 15 minutes, or until sauce has thickened. Cool and stir in 1/2 teaspoon pure vanilla extract. Makes approximately six servings, 1 1/2 cups sauce.

PLUM SALAD
Pit 12 plums, opening enough to remove the pits and not break skins clear through. Fill centers with 1/4 cup chopped nuts mixed with 1/2 pound blue cheese or shredded cheddar cheese. Press together lightly, leaving stuffing visible. Serve on lettuce with mayonnaise or French dressing. Makes four servings.

STEWED PLUMS
Cover plums with just enough water to keep from burning. Cook gently until soft, about 10 minutes. Sweeten to taste and serve in sauce dishes with juice poured over them. Flavor with vanilla extract, if desired.

BRANDED PLUMS
To a batch of stewed fresh plums, add brandy to taste. Serve over vanilla ice cream.

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