

General Zhing

# RECIPES FOR PRUNE LOVERS



**RLP MARKETING LLC**

General Zhing's  
RECIPES FOR  
PRUNE  
LOVERS

RLP MARKETING LLC

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# INTRODUCTION



## Hello Prune Lover!

First and foremost, thanks for purchasing this recipe book! I hope you enjoy these unique and delicious recipes featuring the most under-rated fruit – PRUNES! This is going to be a short and sweet introduction, so you can get to reading, cooking and eating!

Let's be honest. Prunes don't have the best reputation. Most people associate prunes with the elderly or for people who need help with "regularity". Those types of things make prunes quite possibly the "least sexy" fruit ever!

But...in reality, prunes are soft, sweet and deeply flavored. Not only that, prunes are adaptable! They are as good served with duck as they are stewed with sweet port wine and spooned over cake! They also have some great nutritional benefits, too.

So with that, let's get to the fun stuff. Again, thanks for your purchase and enjoy!

Rick

RLP Marketing LLC



# APPETIZERS

# BLUE CHEESE-STUFFED, PROSCIUTTO-WRAPPED PRUNES

Serves: 6

Prep time: 10 minutes

Cook time: 0 minutes

Total time: 10 minutes

## Nutrition Facts

Serves 6

Amount Per Serving

**Calories** 176

% Daily Value\*

**Total Fat** 6.8g 9%

**Cholesterol** 27mg 9%

**Sodium** 579.8mg 25%

**Total Carbohydrate** 20.1g 7%

Sugars 0.1g

**Protein** 10.4g 21%

Vitamin A 6% Vitamin C 10%



## **Ingredients**

- 12 prunes
- 4 oz blue cheese, crumbled
- 3 slices prosciutto
- Fresh thyme

## **Instructions**

1. Use a chopstick or your finger to open up the hole in each prune and stuff with blue cheese.
2. Pull the prosciutto apart into thin strips and wrap each prune with prosciutto. Secure with a toothpick and sprinkle with fresh thyme for garnish.

# PRUNE JAM

Makes: ½ cup

Prep time: 2 minutes

Cook time: 20 minutes

Total time: 22 minutes

## Nutrition Facts

Serves 4

Amount Per Serving

**Calories** 131

% Daily Value\*

**Total Fat** 0.3g 0%

**Cholesterol** 0mg 0%

**Sodium** 591.9mg 26%

**Total Carbohydrate** 33.4g 12%

Sugars 3.3g

**Protein** 1.4g 3%

Vitamin A 3% Vitamin C 3%



## Ingredients

- ¼ teaspoon peppercorns (optional)
- 1 star anise
- 1 cup prunes
- ½ cup red wine
- 1 tablespoon sugar
- ½ lemon, juiced
- Salt and pepper, to taste

## Instructions

1. If you're using peppercorns, place them in a tea strainer or pouch of cheesecloth, along with the star anise.
2. Place the spices, prunes, red wine, and sugar in a small saucepan. Bring to a simmer, reduce heat to low, cover, and cook for 15 minutes. Mash the prunes as much as possible with a wooden spoon.
3. Remove the spice bag. Stir in the lemon juice, taste and adjust seasoning with more lemon, salt and/or pepper. Serve with cheese and crackers or spread on toast.



# BREAKFASTS

# CREAMY OAT PORRIDGE WITH PRUNES AND WALNUTS

Serves: 2

Prep time: 0 minutes

Cook time: 10 minutes

Total time: 10 minutes

## Nutrition Facts

Serves 2

Amount Per Serving

Calories 520

% Daily Value\*

Total Fat 21.8g 28%

Cholesterol 0mg 0%

Sodium 1329.1mg 58%

Total Carbohydrate 68.7g 25%

Sugars 7.1g

Protein 12g 24%

Vitamin A 14% Vitamin C 0%



## Ingredients

- 1 cup rolled oats
- 1<sup>3</sup>/<sub>4</sub> cups dairy or non-dairy milk of choice
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- Pinch of salt
- ½ cup prunes, roughly chopped
- ½ cup walnuts, roughly chopped
- Salt and pepper, to taste

## Instructions

1. In a medium saucepan, stir together the oats, milk, maple syrup, vanilla, salt, and prunes. Cook, stirring regularly, until creamy and soft, about 10 minutes.
2. Stir in walnuts and top with extra prunes and nuts for garnish.

# PRUNE-CHOCOLATE SMOOTHIE

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

Total time: 5 minutes

## Nutrition Facts

Serves 1

Amount Per Serving

**Calories** 389

% Daily Value\*

**Total Fat** 4.1g 5%

**Cholesterol** 2.1mg 1%

**Sodium** 205mg 9%

**Total Carbohydrate** 87.5g 32%

Sugars 21.2g

**Protein** 10.3g 21%

Vitamin A 20% Vitamin C 12%



## Ingredients

- ½ cup whole prunes
- 1 cup unsweetened almond milk or other milk of choice
- ¼ cup plain greek yogurt
- 1 teaspoon unsweetened cocoa powder
- 1 cup frozen cherries

## Instructions

1. Add the prunes and almond milk to a blender and blend until mostly smooth, about 1 minute.
2. Add the remaining ingredients and blend until smooth.

# NUTTY GRANOLA WITH PRUNES

Makes: 5 cups

Prep time: 10 minutes

Cook time: 35 minutes

Total time: 45 minutes

## Nutrition Facts

Serving Size 1/4 cup  
Serves 20

### Amount Per Serving

**Calories** 229

% Daily Value\*

**Total Fat** 15.8g 20%

**Cholesterol** 0mg 0%

**Sodium** 64mg 3%

**Total Carbohydrate** 18.5g 7%

Sugars 5.3g

**Protein** 5.1g 10%

Vitamin A 0% Vitamin C 0%



## Ingredients

- 2 cups rolled oats
- ½ cup pumpkin seeds
- ½ cup sesame seeds
- 1 cup walnuts, roughly chopped
- 1 cup almonds, roughly chopped
- ½ cup maple syrup
- ½ cup olive oil
- 1 teaspoon vanilla extract
- 1 teaspoon kosher salt
- ¾ cup chopped prunes

## Instructions

1. Preheat the oven to 300°F.
2. In a large bowl, combine the oats, pumpkin seeds, sesame seeds, walnuts, almonds, and salt.
3. In a glass measuring cup, combine the maple syrup, olive oil, and vanilla. Pour the liquid ingredients into the dry ingredients and toss to coat everything fully.
4. Spread the granola out on one large or two small baking sheets, making as thin a layer as possible.
5. Bake for 15 minutes, rotate the baking sheet, and bake for another 10-20 minutes, until the granola is golden brown.
6. Remove the granola from the oven and let it cool fully on the baking sheet before transferring it to an airtight container for storage.



LUNCH/  
DINNER

# ROASTED PORK STUFFED WITH DRIED FRUIT AND PRUNE-CHERRY SAUCE

Serves: 4-6

Prep time: 10 minutes

Cook time: 40 minutes

Total time: 1 hour

## Nutrition Facts

Serves 6

Amount Per Serving

Calories 571

% Daily Value\*

Total Fat 13g 17%

Cholesterol 119mg 40%

Sodium 129.5mg 6%

Total Carbohydrate 65.9g 24%

Sugars 23.3g

Protein 46.8g 94%

Vitamin A 5% Vitamin C 11%



# PORK

## Ingredients

- 1 3-pound pork loin roast
- 10 prunes
- 3 tablespoons dried cherries
- 10 dried apricots
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 pound pearl onions, peeled and halved if large
- 10 thyme sprigs
- Kosher salt and black pepper, to taste
- 1½ cups low-sodium chicken or beef stock

# SAUCE

## Ingredients

- 1 cup red wine
- ½ cup prunes
- 1 cup frozen dark sweet cherries
- ¼ cup dried cherries
- Kosher salt and black pepper, to taste

## Instructions

1. Preheat the oven to 350°F.
2. Trim off the excess fat from the pork.
3. Use a sharp knife to cut two holes down the center of the pork, starting on one end, then the other, until a tunnel forms all the way through. Use your hands to widen the hole slightly.
4. In a bowl, toss together the prunes, cherries, apricots, garlic, a pinch of salt, and 1 tablespoon olive oil. Stuff this mixture into the holes in the pork loin.
5. Pat the pork dry and sprinkle generously with salt and pepper.
6. Tie the pork all the way down the length with kitchen twine.
7. Heat 1 tablespoon olive oil in a large cast-iron pan or skillet over high heat. Sear the pork, rotating so all sides turn nice and brown.
8. Place the onions on a roasting pan and toss with the remaining 1 tablespoon olive oil and a pinch of salt. Push the onions to the sides of the pan to make room for the pork. Place the pork in the center of the pan and add the thyme sprigs on top. Pour  $\frac{1}{2}$  cup stock into the pan.
9. Roast for 20 minutes, add another  $\frac{1}{2}$  cup of stock if the pan is dry, and continue roasting until the pork registers 135°F. Add more stock,  $\frac{1}{2}$  cup at a time, if the pan is dry.
10. Remove the pork from the oven, discard thyme sprigs, and transfer the onions to a bowl, covered to keep warm.

11. Remove the roast to a cutting board, tent with foil, and rest for 10 minutes. It should register 145°F on a thermometer when it's ready to serve.
12. To make the sauce, pour all of the juices in the pan into a saucepan. Add the wine, prunes, and frozen and dried cherries. Bring to a simmer and cook until the cherries are broken down and the prunes and dried cherries are softened, about 10 minutes. The sauce should have reduced a bit as well.
13. Season with salt and pepper.
14. Carve the roast and display on a platter with onions. Drizzle with the sauce and serve.

# PRUNE AND QUINOA SALAD

Serves: 4

Prep time: 8 minutes

Cook time: 22 minutes

Total time: 30 minutes

## Nutrition Facts

Serves 4

Amount Per Serving

**Calories** 407

% Daily Value\*

**Total Fat** 14.4g 19%

**Cholesterol** 4.2mg 1%

**Sodium** 638.4mg 28%

**Total Carbohydrate** 64.8g 24%

Sugars 4.5g

**Protein** 9.9g 20%

Vitamin A 7% Vitamin C 8%



## Ingredients

- 1 cup quinoa
- 10 prunes, roughly chopped
- 2 tablespoons crumbled feta
- $\frac{1}{4}$  cup pistachios
- $\frac{1}{4}$  white onion, diced
- 1 cup cherries, pitted and sliced
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$  lemon, juiced and zested
- Fresh chives, minced
- Salt and pepper, to taste

## Instructions

1. Bring the quinoa, 2 cups of water, and a pinch of salt to a boil in a small saucepan. When the water boils, reduce heat to a simmer, cover and cook for 12 minutes until the grains are tender. Turn off the heat and let the quinoa sit, covered, for 10 minutes. Fluff with a fork.
2. Place the quinoa in a large bowl, along with the prunes, feta, pistachios, onions, cherries, olive oil, lemon juice, and chives. Season with salt and pepper.

# ROASTED BUTTERNUT SQUASH WITH PRUNE COMPOTE

Serves: 6 as a side dish, 4 as an entree

Prep time: 5 minutes

Cook time: 45 minutes

Total time: 50 minutes

## Nutrition Facts

Serves 4

Amount Per Serving

**Calories** 237

% Daily Value\*

**Total Fat** 4.8g 6%

**Cholesterol** 0mg 0%

**Sodium** 597.6mg 26%

**Total Carbohydrate** 50.3g 18%

Sugars 6g

**Protein** 3.9g 8%

Vitamin A 86% Vitamin C 50%



## Ingredients

- 1 large butternut squash, halved lengthwise
- 1 cup prunes
- ½ cup fresh-squeezed orange juice
- ½ cup red wine
- 3 tablespoons sherry, optional
- Salt and pepper to taste
- ¼ cup chopped hazelnuts

## Instructions

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or aluminum foil.
2. Scoop the seeds out of the squash and reserve for roasting if you like. Place the squash cut side down on the prepared baking sheet.
3. Roast for 30-40 minutes, until the squash is soft and tender.
4. Meanwhile, place the prunes, orange juice, wine, and a pinch of salt and pepper to a simmer in a small saucepan. Cover and cook for 10 minutes, until the prunes are soft. Uncover and cook for 5 more minutes to reduce the liquid if necessary. Add the sherry (if using) and season to taste with salt and pepper.
5. To toast the hazelnuts, place them on a baking sheet in the oven for 5-7 minutes, until golden brown and fragrant.
6. Serve the butternut topped with prune compote and hazelnuts.



# DESSERTS

# RAW PRUNE BROWNIES

Prep time: 10 minutes

Cook time: 0 minutes

Total time: 1:10, including  
chilling

## Nutrition Facts

Serves 12

Amount Per Serving

Calories 130

% Daily Value\*

Total Fat 7.7g 10%

Cholesterol 0mg 0%

Sodium 50.5mg 2%

Total Carbohydrate 15.5g 6%

Sugars 2.6g

Protein 3.3g 7%

Vitamin A 1% Vitamin C 0%



## Ingredients

- 1 cup prunes
- $\frac{1}{4}$  cup walnuts
- $\frac{1}{2}$  cup almond butter
- $\frac{1}{4}$  cup unsweetened cocoa powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon
- 2 tablespoons maple syrup
- $\frac{1}{2}$  cup chocolate chips
- Flaky salt, optional

## Instructions

1. Line an 8-inch baking dish with parchment paper.
2. Add prunes and walnuts to a food processor and blend until a smooth paste forms.
3. Add in the almond butter, cocoa, salt, cinnamon, and maple syrup. Blend until smooth.
4. Add in the chocolate chips and pulse a few times to combine.
5. Transfer the dough to the prepared baking dish and press into a flat layer. Sprinkle with flaky salt if you like and gently press the flakes into the brownies.
6. Refrigerate for 1 hour, until the brownies are firm.

# POWER MUFFINS

Makes: 12 muffins

Prep time: 10 minutes

Cook time: 18 minutes

Total time: 28 minutes

## Nutrition Facts

Serves 12

Amount Per Serving

**Calories** 198

% Daily Value\*

**Total Fat** 7.8g 10%

**Cholesterol** 31.4mg 10%

**Sodium** 121.7mg 5%

**Total Carbohydrate** 31.5g 11%

Sugars 14.9g

**Protein** 5.3g 11%

Vitamin A 2% Vitamin C 0%



## Ingredients

- 1 cup milk
- $\frac{1}{3}$  cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  cup molasses
- $\frac{1}{2}$  cup sugar
- $1\frac{1}{2}$  cups oat bran
- $\frac{1}{2}$  cup whole wheat flour
- 1 cup rolled oats
- 2 teaspoons cinnamon
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon baking powder
- $\frac{1}{2}$  cup chopped walnuts
- $\frac{1}{2}$  cup prunes, chopped
- $\frac{1}{2}$  cup fresh or frozen blueberries

## Instructions

1. Preheat the oven to 425°F. Line a muffin tin with paper liners.
2. In a mixing bowl, combine the milk, vegetable oil, eggs, vanilla, molasses and sugar.
3. In a separate bowl, combine the oat bran, flour, oats, cinnamon, salt, and baking powder.

4. Fold the dry ingredients into the wet ingredients until just combined. A few lumps are fine.
5. Stir in the walnuts, prunes, and blueberries until just combined.
6. Divide the batter between the wells in the muffin tin and bake for 14 to 18 minutes, until a cake tester in the center comes out clean and the muffins are firm to the touch.
7. Remove from the oven and let the muffins sit in the pan for 5 minutes before transferring them to a wire rack to cool completely.