



Plum Good News

California Dried Plum Ingredients
Research • Applications • Information

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TASTE THE BEST OF SHOW: Dried Plum Enhanced Proteins At AMI Chicago, October 28-31 (Cooking Pavilion Booth S-4035-B).

When the California Dried Plum Board exhibits at any trade show the overwhelming comment from booth visitors is that “**You have the best tasting food at the show**”. The upcoming American Meat Institute show in Chicago in October as part of the World Wide Food Expo will be no exception. Chef Rick Perez has put together multiple animal proteins to demonstrate how dried plums can make underutilized meat cuts and lesser grades more profitable with high value taste and texture. The menu includes:

- Wednesday:** Chicken Tenders (without phosphates) in two flavor alternatives: lightly seasoned and parmesan-garlic seasoned
- Thursday:** Cajun lifter steaks
- Friday:** Asian pork loin steaks
- Saturday:** Enjoy all three proteins again for a second serving

In addition, on Friday at 11:30 AM, Chef Perez will joint Chefs Michael Formichella and Steven Shipley for an on-stage demonstration of Asian pork loin and Korean beef BBQ both marinated with dried plum ingredients focusing on “**Applying Underutilized Cuts to Emerging Ethnic Flavors**”. Visitors to the AMI will be able to get answers to any questions and taste the difference that dried plums can make to improve underutilized proteins.

Dried Plums: Single Solution To Increasing Protein Profitability

Solutions to improving the profit return from animal proteins can be found in many areas. From using lesser value cuts, to adding weight through moisture retention and purge reduction, to reducing the number of ingredients, to increasing shelf life. But what if a single ingredient could achieve all of these profit-building benefits. California dried plums can deliver all of these benefits and more.

California Dried Plums' One-Step Protein Profit Improvement

Moisture Binding
Tenderizing
Replace Phosphates
Extend Shelf life
Reduce Salt
Fewer Ingredients
Clean Label

Add weight/yield
Reduce Purge
Reduce Warmed-Over Flavor
All Natural
Anti-microbial
Natural Carmelization

University of Arkansas Dried Plums Phosphate Replacement Research

Many meat products include the addition of alkaline phosphates as a method of retaining moisture and extending shelf life. However, phosphates often exhibit unacceptable off-flavors including a “soapy” flavor note. In addition, there is a growing consumer and foodservice operator rejection of unknown, synthetic ingredients and an acceptance of natural ingredients in processed foods (Sloan, A. E., Food Technology November 2003, Volume 57, No.11).

Early evidence suggests that dried plum ingredients could be used to replace alkaline phosphates in animal protein products. An initial experiment successfully replaced alkaline phosphates in vacuum tumbled boneless/skinless chicken breasts using dried plum powder and dried plum fiber. Follow-up evaluations using fresh plum juice concentrate to replace phosphates yielded similar results. Moisture binding was within acceptable targets before and after cooking with superior sensory characteristics versus control chicken breasts.



These results encouraged the California Dried Plum Board to award a research contract to the University of Arkansas to evaluate the ability of dried plum ingredients to replace phosphates in chicken. The year-long study will expand the body of existing knowledge supporting dried plums’ efficacy as a meat ingredient.

Dried Plum Crop Estimate At 170,000 Tons

The California Agricultural Statistics Service has released the 2009-2010 dried plum crop estimate at 170,000 short tons indicating that an ample supply of dried plums will be available.

Second Certified Master Chef Joins Ever Changing Times

Chef Rick Perez, C.E.C., culinary consultant to the California Dried Plum Board announced that a second Certified Master Chef, Chef Tony Seta is joining Ever Changing Times and joins Certified Master Chef Fritz Sonnenschmidt as part of Ever Changing Times culinary team. Chef Seta was Vice President, Product Development at OSI Restaurant Partners (Bonefish Grill and Carrabba’s Italian Grill) and has held similar management positions at Perkins Restaurants & Bakery, Shoney’s Restaurants and Triarc Restaurant Group. Certified Master Chefs Seta and Sonnenschmidt are part of an elite group of less than 100 chefs in the U.S. that have earned the title of Certified Master Chef.

Muscle Profiling Expands To Additional Animal Proteins

At the recent Value Cuts Summit held in Chicago in September, the expansion of muscle profiling to other proteins was clearly evident. Initially the work of the beef industry, muscle profiling can now be found in other animal proteins including pork, chicken and lamb. The rewards are evident as meat cuts that were once sold as ground alternatives or as ingredients in other meat forms and products are now being cut into whole muscle steaks, roasts and chops. Many of these cuts are further processed to add moisture, flavor and convenience. Dried plums are a natural consideration.

A Dried And Fresh Plum Ingredient For Every Meat Application

California dried plums are available for virtually every meat application. Dried plum powders, purees, pastes, juice concentrates, bits and pieces can be incorporated into most meat products. Fresh plum juice concentrate and prune fiber powder are two recent additions to the library of ingredients for meat use.

Plum Good News is published by the California Dried Plum Board. Further information on the use of dried and fresh plums can be found at www.californiadriedplums.org and 800-729-5992