



# CALIFORNIA PRUNES = FLAVOR + VERSATILITY

California prunes offer excellent versatility whether you are eating them alone or in a myriad of culinary applications from sweet to fermented. The versatility is due to a rich, deep flavor complexity and a unique natural sweetness that can easily incorporate into many uses without overpowering the other elements in the flavor profile.

California prunes pair very well in recipes that utilize rich and complex flavor notes, and they add depth to items such as espresso, chocolate and chilies. The fruit's earthy, umami qualities pair with salty, acidic, and fermented ingredients such as olives, capers, vinegar and tamari - perfectly juxtaposing and bringing out the very essence of those flavors.

The moist fruit has different textures depending upon its packaging. California prunes purchased from bulk bins tend to be chewier and more suited for culinary applications that demand more structure. Packaged California prunes may tend to be softer and less structured. It is these elusive components that California prunes bring to a dish that is not possible to replicate with any other dried fruit. California prunes can play an essential role in bringing out the inherent best of the other ingredients they are paired with.



<b>Chef Christine Ruch</b> Chef/Owner at Fresh Thymes Eatery, Boulder Co.		
<b>CA PRUNES</b> + <b>FINE MARSALA</b> = SWEET & CREAMY	<b>CA PRUNES</b> + <b>ESPRESSO</b> = BITTER & COMPLEX	<b>CA PRUNES</b> + <b>PIQUILLO PEPPER</b> = TANGY, ACIDIC & SPICY
<b>CA PRUNES</b> + <b>CASTELVETRANO OLIVES</b> = SALTY & FRUITY	<b>CA PRUNES</b> + <b>RAW CACAO</b> = BITTER & FRUITY	<b>CA PRUNES</b> + <b>RIPE PLANTAIN</b> = SWEET & CREAMY
<b>CA PRUNES</b> + <b>GINGER KOMBUCHA</b> = TANGY, TART & CITRUS		<b>CA PRUNES</b> + <b>BACON</b> = SALTY, SMOKY & MEATY
<b>CA PRUNES</b> + <b>OIL CURED OLIVES</b> = SALTY, BRINY & UMAMI	<b>CA PRUNES</b> + <b>PINK PEPPERCORN</b> = PEPPERY, SPICY & TANGY	<b>CA PRUNES</b> + <b>CHOCOLATE PU-ERH TEA</b> = TANNIC
<b>CA PRUNES</b> + <b>CULTURED BEETS</b> = EARTHY, TANGY, SOUR & BRINY	<b>CA PRUNES</b> + <b>ANCHO CHILI</b> = SPICY, SWEET, EARTHY & COMPLEX	<b>CA PRUNES</b> + <b>TAMARI</b> = SALTY, UMAMI & SAVORY



## California Prune & Cocoa Cake with Sticky Marsala Walnuts

### California Prune & Cocoa Cake

12 oz. California prunes  
1 ½ cups Marsala wine  
2 cups almond flour  
⅓ cup raw cocoa powder  
4 tsp. baking powder  
½ tsp. baking soda  
12 Tbsp. coconut oil  
1 ½ cups coconut sugar  
3 large eggs  
1 cup coconut milk

Preheat oven to 350 degrees F.

In a large saucepan, cover the prunes with Marsala wine. Bring to a simmer and cook until the prunes become tender, about 30 minutes. Cool the prunes in the liquid, then drain it off and reserve it. Place prunes in a food processor and process until prunes are pureed. Set aside.

In a medium mixing bowl, combine almond flour, cocoa, baking powder, and baking soda. Stir well.

In a separate bowl, combine the prune puree with the coconut milk. Beat together the coconut oil and coconut sugar until thoroughly combined. Beat in the egg one at a time, beating well after each addition. Beat in a third of the dry ingredients, then mix in half of the prune puree. Scrape the bowl. Beat in another third of the dry ingredients, the rest of the prune puree, and the remaining dry ingredients.

Grease a 9" round cake pan with coconut oil. Pour batter into prepared pan and place in heated oven and bake for 35-45 minutes, until toothpick inserted, comes out clean.

### Sticky Marsala Walnuts

2 cups walnut pieces  
1 cup reserved Marsala and California prune cooking liquid  
½ cup coconut sugar  
¼ cup maple syrup  
½ tsp. vanilla  
½ tsp. ground cloves

In a sauté pan, toast walnuts over medium heat. Meanwhile, add the Marsala and prune liquid and the remaining ingredients in a small sauce pot and bring to a simmer. Simmer until reduced by half. Pour over the walnuts and place in the oven and cook until syrup reduces and walnuts become sticky. Remove from oven and cool.

When cake comes out of the oven, cool and spoon sticky walnuts over the top.



## California Prune & Bourbon Bacon Jam with Pecorino Potato Cake

### California Prune & Bourbon Bacon Jam

8 oz. slab bacon, cut into small dice  
3-4 shallots, finely diced, approx 1 cup  
20 California prunes, small dice (5 oz.)  
3 garlic cloves minced  
2 tsp. hot smoked paprika  
1 tsp. sea salt  
½ cup bourbon  
½ cup maple syrup  
2 Tbsp. sherry vinegar  
2 Tbsp. balsamic vinegar

Heat a sauté pan over medium heat. Add the bacon and slowly cook until fat is rendered and bacon is almost completely cooked. Add the shallots and continue cooking until they begin to caramelize. Add the prunes and cook further until prunes soften and begin to meld with the other ingredients. Add the garlic and cook another 2-3 minutes, until beginning to turn golden and aromatic.

Add smoked paprika and salt, stirring to combine, then add the bourbon and deglaze. Add the maple syrup, both vinegars, smoked paprika and salt.

Continue to stir to incorporate the ingredients and allow to cook down until the liquid is syrupy. Remove from heat. Mixture will continue to thicken as it cools.

### Pecorino Potato Cake

1 onion, small dice  
2 garlic cloves, minced  
2 Tbsp. butter or olive oil  
12 oz. pre-made hash browns, crumbled  
½ cup Pecorino Romano cheese  
¼ cup scallions, cut on the deep bias  
1 egg, beaten

In a sauté pan or cast iron skillet, heat the butter and sauté the onion until beginning to just turn golden. Add the garlic cloves and cook until fragrant, 1 minute.

Remove from heat and add to mixing bowl.

Add remaining ingredients and fold until combined. Add the potato cakes to the pan and brown on both sides until crisp. Top with the prune and bacon jam.

