

Baking with Dried Fruits

A Collection of Recipes and Tips



**Using Dried Fruits for Great Cookies, Muffins, Scones,
Breads, and Desserts**

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Table of Contents

Baking with Dried Fruits

Discover the Wonders of Dried Fruits in Your Baking!.....	4
How to Keep Your Fruit in Top Shape	5
Nutrition Notes for Dried Fruits	5
Things to Do with Dried Fruit	6
Baking with Fruit	6
To Plump or Not to Plump.....	7
Apricot-Orange Nut Quick Bread	8
Convenient Refrigerator Muffins.....	10
Cranberry Nut Crumb Cake	12
Cranberry Chocolate Chip Cookies	14
Granola and Raisin Muffins.....	15
California Golden Raisin Muffins	16
Golden California Raisin Bread.....	18
Mix ‘N’ Match Granola	20
Plum Pudding Recipe.....	22
Cranberry Vanilla Scones	24
Cherry Almond Scones	26
Cranberry Orange Scone Recipe.....	28
Steamed Bread: At Home, at Camp, or in an Emergency	30
All American Fruit and Nut Quick Bread Recipe.....	33
Old-Time Apple Jumbles	35
New England Hermits.....	37
Cranberry Coconut Bars	38
Deluxe Dutch Apple Pie	39
Peach Mock Pie with Cranberries and Mango (Peach Crumble)	40
Cranapple Crumble Mock Pie.....	42
Cranberry Apple Walnut Cobbler Recipe.....	44
Frosted Cranapple Rolls.....	46
Baked Rice Pudding Recipe.....	47
Easy Cranberry Syrup.....	48

Discover the Wonders of Dried Fruits in Your Baking!

Fruit adds such wonderful possibilities to baking—apple pies and oatmeal raisin cookies and blueberry muffins. We've expanded those possibilities with Baker's Fruits—premium dried fruits selected and prepared just for baking. Now bake wonderful new quick breads, scones, cookies, cakes, and muffins with premium dried fruits that just aren't available in the store.

These are premium fruits developed for the gourmet food industry. We're buying them directly from the processors and avoiding the distribution channels so that they are fresher and plumper for better baking (and passing the savings onto you). There is so much flavor and natural sweetness concentrated in these dried fruits.

You will not find these fruits at your corner market, fruits like Golden California Apricots with more flavor and color and Red Angelino Plums. All are quarter-inch diced and ready to go into your baked goods. They are all packaged in new standup, resealable pouches to keep them fresh.

Consider your favorite recipes. What would those muffins be like with Sweet Fuji Apples or your apple pie with a handful of bright, cold-processed cranberries? A good muffin becomes extraordinary with a handful of fruit.

One of the wonders of dried fruits is the possibilities. Experiment with different fruits for new takes on your favorites.

How to Keep Your Fruit in Top Shape

Dried fruit will last a long time but like most foods, it will deteriorate in both nutrition and palatability over time. To enjoy your dried fruit at its best, we recommend that you:

- Store your fruit in a cool, dark, dry place.
- For the very best fruit, use it within six months. (Most processors recommend one year.)
- Once opened, carefully close the bag and store the fruit in the refrigerator. Refrigeration will retard oxidation and keep your fruit from drying out.

Nutrition Notes for Dried Fruits

Dried fruits are very good for you; they are high in vitamins, minerals, and fiber but low in fat. With the exception of Vitamin C, most of the natural vitamins and minerals, and of course the fiber, found in fresh fruits are retained through the drying process.

Because dried fruit is so dense (it takes five or six pounds of fresh fruit to make a pound of dried fruit), it is high in calories. A recommended serving size of dried fruit is half the size of fresh fruit. Though the calorie count is high, the fiber in dried fruit tends to keep blood sugar levels low. With a high natural sugar content, dried fruit does promote cavities; brushing after eating it is recommended.

Here is how individual fruits stack up:

- Raisins contain a compound that is believed to lower LDL cholesterol and blood pressure. They are rich in nutrition but extremely high in calories. Raisins are a good source of iron, potassium and selenium and also contain vitamin A and some vitamin B. Raisins are also rich in fiber.
- Prunes, blueberries, and raspberries contain antioxidants. Prunes are also rich in iron and potassium.
- Figs are very high in calcium and also high in phosphorous.
- Cranberries are believed to have an acid that fights urinary tract infections.
- The orange fruits—peaches, mangoes, and apricots—are very high in beta carotene.
- Dried apples are rich in pectin, a soluble fiber, which helps the body to eliminate cholesterol and also protects against environmental toxins.
- Pears contain pectin which fights cholesterol are also a good source of potassium. Dried pears contain protein, iron, vitamin A, vitamin C and fiber.

Things to Do with Dried Fruit

Everyone likes dried fruit in baked goods. But don't stop there. Think outside the box. Dried fruit works well in your cooking, in snacks, as well as in your baking.

- Sprinkle dried fruit on your cold cereal.
- Add dried fruit to your oatmeal. We add the dried fruit before the cooking is complete but you can choose to add it after cooking. (We especially enjoy dried fruit in hot cereal on cold winter mornings or when camping.)
- Add dried fruit to granola or trail mix.
- Add dried fruit to pancakes. We love the splash of color and tart taste that dried cranberries or plum bits add to pancakes.
- Add dried fruit to a tossed salad or a fruit salad. If you want a softer texture, plump them first.
- Add dried fruit to rice for flavor and color.
- Add dried fruit to a stir fry to make it more exciting and give it a spark of flavor.

Baking with Fruit

Consider the recipes in this guide as starting points. If you like apricots, make them with apricots. If you like apples, try apples. You'll find them very different with different fruits. Have a wonderful time making recipes your own way.

To Plump or Not to Plump

Many recipes direct you to steep your dried fruit in boiling water prior to using it in your favorite recipe. Is it necessary?

Our fruits are moist and soft; we don't plump them. If we are using commercial fruits that are dry and tough, we plump them.

Here's how to plump dried fruit:

1. Heat water until it is very hot, beginning to simmer.
2. Measure and place the fruit in a bowl.
3. Pour the very hot water over the fruit until it is just covered.
4. Let stand for five to ten minutes or until soft.
5. Drain the water from the fruit.
6. Pat the fruit dry on paper towels.

Use the fruit before it dries. Make sure that you dry the fruit thoroughly with paper towels. If there is water with the fruit, it will affect the moisture level in the recipe.

Apricot-Orange Nut Quick Bread

We love moist, fruity quick breads--and this is one of our favorites. It's nutty, flavorful, and full of wholesome ingredients. We would like to share this recipe with you and demonstrate the baking principles for wonderful quick breads.

The definition of quick breads is imprecise. Often cookbooks classify muffins, coffeecakes, and biscuits as quick breads--not just those moist loaf breads made without yeast--breads like banana nut bread and date nut bread. And there is a thin line between quick breads and cakes. Quick breads contain less sugar and fat than cakes. They usually, but not always, contain fruits or nuts to add flavor and



moisture and make up for the low percentage of fat and sugar. When we refer to quick breads, we're talking about loaf-shaped breads without yeast.

There are two major makeup methods for quick breads--the muffin method and the creaming method. In the creaming method, we cream the fat (butter or shortening) with the sugar until light and then add the other ingredients. In the muffin method, we mix the liquids and the dry ingredients separately and then stir them together until just combined. Today, we will look at the muffin method. (We'll use the creaming method in another newsletter.)

In preparation, grease an 8 1/2-by 4 1/2-inch loaf pan. Dust the pan lightly with flour by placing a spoonful in the greased pan and jostling it about by tapping the pan against the heel of your hand. Preheat the oven to 350 degrees with the rack placed in the center of the oven. Your pan should have an even coating.

Here are the ingredients that we will use in our liquid mix:

- 3/4 cups very hot water
- 3 tablespoons butter
- 3/4 cup (5 ounces) diced dried apricots
- 1 tablespoon orange zest
- 3/4 cup orange juice
- 1 large egg

1. Heat the water until very hot, nearly boiling. You can do so in the microwave. Pour the water into a large bowl. The bowl should be large enough to mix the batter in.
2. Add the butter.
3. Dice the apricots into 1/4-inch pieces and add them to the hot water.

4. Grate the outer skin from an orange until you have a tablespoon full. You only want to get the orange peel without scraping deep enough to get the pithy white second layer, which is bitter. Add this zest to the hot water mixture.
5. Squeeze the juice from two oranges. Add 3/4-cup of the juice to the liquid mixture.
6. Stir in one large egg. Use a fork to mix the egg well.

In another bowl, mix the dry ingredients together:

- 1/2 cup sugar
- 1/2 teaspoon salt
- 1 1/2 cups all-purpose flour
- 1 1/2 cups oatmeal
- 1/2 tablespoon baking soda
- 1/2 tablespoon baking powder
- 3/4 cup walnuts

Make sure that they are thoroughly mixed. We like to use a large whisk.

7. Add the dry ingredients to the wet ingredients. Stir with a large spatula until just combined. If it is mixed too much, the action will develop the gluten in the flour and the bread will not be as tender as it should be. (We don't like to make muffins and quick breads with our electric mixer.)
8. Scrape the batter into the prepared pan and place it in the oven. Bake the bread for 40 to 45 minutes or until the bread tests done. When it is done, a skewer or large toothpick inserted into the center of the loaf should come out clean.
9. Let the bread cool in the pan on a wire rack for five minutes. Invert the pan and remove the loaf to finish cooling on the wire rack. If the bread does not come free easily, the top edges of the loaf are probably bound to the pan. Try lifting the edges away from the pan with a sharp knife.

Packed flour weighs much more than sifted or loose flour. For most recipes, you should be measuring loose flour, not packed. Fluff the flour with a whisk and then spoon it into the measuring cup and level with the straight edge of a spatula. If you scoop the flour out with the cup, you will use more flour.

Store the bread in the refrigerator where it will keep for up to a week. This bread, like most quick breads, is much better served the next day. The bread can also be frozen.

Peach Variation. This bread is just as good with dried peaches instead of apricots.

Convenient Refrigerator Muffins

Most of us experience busy mornings. Baking for breakfast is just out of the question. But how would you like to have healthy, out-of-the-oven bran muffins for breakfast while investing little of your busiest time? With these Refrigerator Bran Muffins, you can have hot muffins in less time than it takes to stop by the bakery. And with all natural ingredients, bran, and whole wheat flour, you'll know that you are starting your day right.

With this recipe, you can save time and effort on those hurried occasions by making up the batter ahead. Better yet, make double or triple batches and always have batter on hand. Store it the refrigerator in a covered container for up to three weeks, then fill the muffin tins that you need and return the rest to the refrigerator for another day. Let the muffins bake while you do your other tasks.

If you prefer, you can make these muffins without refrigeration and still store any leftover batter until you are ready to bake more muffins.

The following recipe makes about 18 large muffins. The recipe can be doubled or tripled to make plenty of batter for later occasions.

Refrigerator Bran Muffins

3 cups all-bran cereal such as All Bran or Bran Buds
1 cup raisins
1/2 cup melted butter
1 cup very hot water
2 large eggs
2 cups buttermilk
1 cup sugar
2 cups all-purpose flour
1 cup stone ground wheat flour
1 tablespoon baking soda
1/2 teaspoon salt

Directions:

Preheat the oven to 400 degrees.

1. In a medium bowl, add the cereal and raisins and then the very hot water. Stir in the melted butter. Set it aside to soak.
2. In another bowl, whisk the eggs and stir in the buttermilk and sugar until the sugar is dissolved.
3. In a large bowl, whisk the flours, salt, and baking soda together until well combined.
4. Make a crater in the dry ingredients. Pour in the egg mixture and the cereal mixture and then stir with a spatula until combined.
5. If you choose to make muffins now, fill well-greased tins two-thirds full. Refrigerate the remaining batter in a covered container in the refrigerator.

6. Bake the muffins for 14 to 18 minutes or until they test done. Let them sit in the tins for several minutes and then remove them to wire racks to cool. Freeze any leftovers.

This is a great recipe to use in your RV. Simply mix the muffins in the kitchen at home and pack the batter in the RV. You can bake up as many muffins as you need anytime that you need them.

Cranberry Nut Crumb Cake

If you like tart cranberries and nuts, this is a wonderful coffeecake. It is moist and sweet with plenty of spices. Because the dried cranberries are chopped, there are bits of berries in every bite. It is showy enough to present to guests.

The deep crumb topping on top of the cake batter is intriguing and can be used as a template for other coffeecakes. Try other dried fruit instead of cranberries—currents or apricots or apple bits. Though we haven't tried it, we think that frozen blueberries and 1/2 teaspoon lemon extract would make a marvelous crumb cake.



Cranberry Nut Crumb Cake Recipe

Ingredients

For the crumb topping

1 1/3 cups pastry or all-purpose flour
2/3 cup brown sugar
1/2 teaspoon allspice
1 teaspoon cinnamon
1/2 cup chopped walnuts
1/2 cup butter

For the cake

1 1/4 cups dried cranberries

1 1/2 cups pastry or all-purpose flour
1/4 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 tablespoon baking powder

6 tablespoons butter
2/3 cup brown sugar
1 teaspoon vanilla extract
2 large eggs
1 cup vanilla or plain yogurt
3 tablespoons milk

1/2 cup chopped walnuts

Directions

Preheat the oven to 350 degrees. Prepare a nine-inch pan by greasing well. (We baked this bread in a nine-inch springform pan with a glass base.)

1. For the crumb topping, mix the flour, sugar, and spices together. Cut the butter into the flour and spices with a pastry knife until it is well mixed. Add the nuts and mix until combined. Set aside.
2. For the cake, chop the cranberries and set aside.
3. Mix the flour for the cake, salt, cinnamon, nutmeg, and baking powder together. Set aside.
4. Cream the butter and brown sugar for the cake together. Add the vanilla and the eggs one at a time beating after each.
5. Add the dry flour mixture and the yogurt and milk to the creamed mixture starting with about one-third of the dry mixture and alternating with the yogurt and milk and the dry and wet ingredients are mixed with the creamed ingredients. Do not over mix for that will make for a less tender cake. Fold in the chopped cranberries and nuts for the cake.
6. Spread the cake batter in the prepared springform pan. Spoon the crumb topping over the cake. Bake in the center of the oven for 60 minutes or until a skewer inserted into the cake batter comes out clean.
7. Place the baked cake on a wire rack in the pan. After five minutes, with a thin-bladed spatula, loosen the cake from the ring and remove the ring. Serve warm.

Cranberry Chocolate Chip Cookies

A while back, we had dried cranberries (or craisins) dipped in rich chocolate. They were scrumptious. We set about to create the same flavors in a chocolate chip cookie. We added some nuts to the recipe just for good measure and ended up with a real treat that wasn't quite so decadent. This recipe belongs in your kitchen. These cookies are very good.

Cranberry Chocolate Chip Cookie Recipe

Ingredients

2 1/2 cups all-purpose flour
1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup granulated sugar
1/2 cup brown sugar
1 cup (2 sticks) butter
2 large eggs
1/2 teaspoon almond extract
1 cup dried cranberries
1 1/2 cups semisweet chocolate chips
1 cup chopped nuts

Note: We prefer our super cranberries, cold-processed with more juice and less sweeteners but you may use any that you have available.

Directions

Preheat to 375 degrees

1. In a medium bowl, mix together the flour, baking powder, baking soda, and salt until well dispersed.
2. Cream the sugars and butter together. Add the eggs, one at a time, beating after each addition. Beat the mixture until light and creamy. Add the extract.
3. Add the dry ingredients to the creamed ingredients, mixing until combined. Add the cranberries, chips, and nuts.
4. Drop heaping teaspoons two inches apart on an ungreased sheet. Bake for 9 to 10 minutes. Cool on a wire rack.

Granola and Raisin Muffins

Try a tender, nearly cake-like muffin made sweet with raisins. The buttery crumb loaded with granola is just right. Even though this is tender and rich, it has more granola than flour so you know it's better for you.

This recipe uses the “creaming method” for mixing.

Ingredients

1 1/4 cup flour
1 3/4 cups granola
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt

6 tablespoon butter
1/3 cup brown sugar
1 egg
1 teaspoon vanilla extract

1 cup buttermilk
3/4 cup raisins

Directions

Preheat the oven to 400 degrees. Prepare the muffin tins by greasing them well.

1. Combine the dry ingredients including the granola in a large bowl.
2. Cream the butter and sugar together in a mixer with the paddle attachment. Beat the egg into the creamed mixture until light and fluffy. Add the vanilla.
3. Alternately add part of the dry ingredients and part of the buttermilk, briefly mixing until combined and then add the remainder.
4. Fold in the raisins.
5. Scoop the batter into the prepared tins. Sprinkle the tops with oats. Bake for 15 minutes or until the muffins test done. After the muffins have cooled for several minutes, remove them from the tins to cool on a wire rack.

Makes ten medium or 12 small muffins.

Baker's Note: Different granolas may absorb moisture differently. Add milk or flour if needed to get the right consistency.



California Golden Raisin Muffins

One of our practice recipes in our free baking lessons is for a wonderful bread called Golden California Raisin Bread. It's made with plump golden raisins and a touch of orange and cinnamon. There was just one thing wrong--we have to wait for the yeast to rise to enjoy this combination of flavors. So we set out to make muffins with those same flavors. Now we can wake up to the aroma of golden raisins, orange and cinnamon.

Ingredients

1 1/4 cups all-purpose flour
3/4 cup rye flour, all-purpose flour, or whole wheat flour
3 tablespoons brown sugar
1/4 teaspoon salt
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon
1 tablespoon grated orange peel

4 tablespoons cold butter

1/2 cup orange juice
1/2 cup buttermilk
1 teaspoon vanilla
2 large eggs
1 cup golden raisins

1 tablespoons granulated sugar
1/4 teaspoon cinnamon

Directions

Preheat the oven to 425 degrees. Grease 1 regular-sized 12-muffin tin.

1. In a large bowl, stir together the flour, brown sugar, salt, baking powder, baking soda, and cinnamon. Stir in the grated orange peel.
2. Use a pastry knife to cut the butter into the dry ingredients and continue cutting until the mixture is coarse and uniform.
3. In another bowl, stir together the orange juice, buttermilk, vanilla extract, and eggs. Form a well in the dry ingredients and pour in the liquid mixture. Add the raisins. Stir to combine. (Do not over-stir. Some lumps are acceptable.) Mix the granulated sugar and cinnamon together and sprinkle on the tops of the muffins.
4. Spoon the batter into muffin tin. Quickly place the muffins in the oven and reduce the heat to 375 degrees. Let bake for 12 to 15 minutes or until the tops are lightly browned and a toothpick inserted in the center comes out clean. Remove to a rack to cool.

Baker's note: *The initial burst of heat in the hot oven will help the muffins dome. How quickly the muffins bake will depend somewhat on how well your particular oven retains heat.*

Golden California Raisin Bread

This recipe has so many things to love. We love the taste of raisins and orange together. And we're particularly partial of golden raisins. We also love white rye flour. It's mild and has an almost sourdough-like taste. All in all, we're pretty proud of this bread.

You can buy, plump, giant golden raisins at The Prepared Pantry.

If you are having trouble finding white rye flour, medium rye will work. Better yet, try our white rye flour blend and use that in place of both the rye and bread flours. If you use our blend, it will have the right ratio of rye and bread flours along with extra gluten and dough conditioners to make a great bread.



Ingredients

zest from one orange

about 3/4 cup freshly squeezed orange juice

1 cup whole milk or one cup reduced fat milk and one tablespoon butter

about 1/4 cup warm water

1/2 cup honey

1 seven gram package instant yeast

2 cups white rye flour

about 4 cups high protein bread flour

1 tablespoon salt

1 tablespoon cinnamon

2 1/2 cups golden raisins

Directions

1. Grate the zest from one orange being careful not to get the bitter, white pithy layer. Set the zest aside.
2. Squeeze the orange juice from one or two oranges until you have about 3/4 cup. Mix the orange juice with the milk and water. You should have 2 1/4 cups of liquid mixture. Add the honey. Heat the liquid mixture in the microwave until it reaches 105 degrees.
3. Place the rye flour and yeast in the bowl of your stand-type mixer. Add the warm liquid mixture and beat with a dough hook until it is partially mixed—about 30 seconds. The purpose of this mixing is to hydrate the yeast.

4. Add most of the bread flour to the bowl. Add the salt, cinnamon, and orange zest. Knead with the dough hook at medium speed for four minutes adding more flour to reach a soft but not sticky dough. Add the raisins and knead them in. (You may need to knead the raisins in by hand.) Set the dough in a greased bowl, turn once, and cover. Set the bowl in a warm place and allow it to double in size.

5. Grease two 8 1/2" x 4 1/2" loaf pans. Form two loaves, cover them, and let them rise until doubled and puffy.

Bakers Note: *This bread is very good. The key is to let it rise enough. The yeast has to lift a lot of raisins and the bread has a high rye content and it just takes a while. Be patient. If there is a second key, it's to use quality golden raisins. They should be soft and plump.*

6. Bake at 350 degrees for 25 minutes or until done. The internal temperature should be 190 to 200 degrees. Remove the bread from the pans and let the bread cool on a wire rack.

Bakers Note: *Whole milk has an enzyme which retards the growth of yeast. We recommend that you use high heat treated dry milk, for this recipe, though liquid milk will still make an excellent bread.*

Mix 'N' Match Granola

"This is way good!" -Hannah in Production

Anytime is granola time. It's great for camping. Mix it with some M&M's and make great trail food for that energetic Boy Scout. We like it as cereal with either hot or cold milk. And homemade granola is so much fresher—and we think better—than what you buy in the stores.

Let your imagination run wild when you make granola. The basic ingredients are cereal, oil, and a sweetener. Then add anything that you like to give it the character, taste, and nutrition that you want. Remember that kids' tastes are different than yours so make two batches—granola is easy to make.

Note: The pictured granola was made with rolled oats, rolled wheat, sunflower seeds, brown sugar, vanilla and orange extracts, walnuts, and dried apples.

Ingredients:

4 cups rolled oats, wheat, or barley (any combination)
1/2 cup sunflower or sesame seeds
1/2 cup honey, maple syrup, or a thick syrup made with 1/2 cup brown sugar and 2-3 tablespoons water
1/4 cup canola oil
1 teaspoon vanilla and/or other extract
3/4 cup raisins or other dried fruit (optional)
1/2 cup nuts (optional)
1/2 teaspoon salt

Directions:

1. In a large bowl, mix all the dry ingredients together except for the dried fruit. Set the dried fruit aside.
2. In another bowl mix the sweetener, oil and extract together.
3. Add the liquid to the dry ingredients and mix thoroughly. The liquids will be absorbed and the granola will become darker and shinier.
4. Spread the granola in a shallow baking pan. Bake at 325 degrees for 25 to 30 minutes or until fairly dry and starting to brown. Stir every ten minutes while it is baking to keep the granola on the bottom from burning.
5. Remove the granola from the oven and stir in the fruit.

Tips

1. Granola will become crispier and crunchier as it cools.
2. Because of the oil, granola will not stay fresh long. Store in an airtight container and use within two weeks.

Plum Pudding Recipe

We think this plum pudding recipe has old English origins. Never mind that you don't have any fresh plums—this recipe calls for dried plums that are rehydrated in hot water before baking. And it's not the type of pudding that most Americans think of—it's a dense, moist cake topped with a caramel plum sauce. Check it out. We think you will love plum pudding.



Plum Pudding Recipe

2 cups dried plums (prunes), 1/4 to 1/2-inch diced
1/2 cup very hot water

1 1/2 cups all-purpose flour
1/2 tablespoon baking powder
1/4 teaspoon salt
1/4 teaspoon nutmeg or allspice

1/2 cup butter
3/4 cup granulated sugar
2 large eggs

1/2 cup chopped walnuts
2 tablespoons milk or as needed for the right consistency batter

Caramel Plum Sauce

1/2 cup butter
1 3/4 cup brown sugar
1 teaspoon cornstarch
1 cup condensed milk
1 teaspoon rum or vanilla flavor

Directions

Preheat the oven to 350 degrees. Prepare an 8 x 8-inch pan by greasing and dusting with flour or lining with parchment paper.

1. Place the diced plums in a small bowl. Heat the water to boiling in the microwave. Pour the water over the plums and set aside to rehydrate.

2. Mix the flour, baking powder, salt, and nutmeg together in another bowl. Set aside.
3. Cream the butter and sugar together. Add the eggs and beat until light and fluffy.
4. Add the plums and water and the nuts and combine. Add the dry ingredients and combine. Add enough milk—about two tablespoons—to make a soft batter.
5. Remove the batter to the prepared pan. Bake for 35 to 40 minutes or until the pudding tests done when a toothpick is inserted in the middle. Cool in the pan on a wire rack for five minutes then invert the pudding to remove the pan. Continue cooling on a wire rack.

For the plum sauce:

1. Melt the butter in a saucepan. Stir in the sugar, cornstarch and milk.
2. Heat until bubbling and thickened. Remove from the heat and add the flavoring.

Serve the plum pudding topped with sauce.

Cranberry Vanilla Scones

These scones are light and airy—almost a cross between a biscuit and a cake. They have a little more fat—butter and sour cream-- and they're just a touch sweeter than most recipes. So they don't need butter and jam and they're perfect for that lazy brunch or when company comes over. And best of all, the recipe is not difficult.



Ingredients

2/3 cup dried cranberries

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup brown sugar

1/3 cup cold butter cut into chunks

1 cup sour cream
1 large egg yolk
1 teaspoon lemon zest

Vanilla glaze (recipe follows)

Directions

Preheat the oven to 400 degrees.

1. Cover the dried cranberries in very hot water. Let them soak for five minutes and then drain them thoroughly.
2. With a pastry knife, cut the butter into the dry ingredients until it is granular in appearance.
3. Mix the sour cream, egg yolk, and zest together in a small bowl. Make a depression in the dry ingredients and add the liquid mixture and the cranberries. Stir with a spatula until moistened. (Note: If the fruit was not completely drained, the dough may be too wet. If so, add more flour as needed.)
4. Dust the countertop with flour and turn the dough out. Pat the dough into a disk about 12 inches in diameter. Cut the disk into wedges and place them on an ungreased baking sheet with room around them to expand.
5. Bake for 12 minutes or until they are golden. Remove to a wire rack to cool. Drizzle with glaze. Serve while still warm.

Vanilla Glaze

1 1/4 cups powdered sugar

1 teaspoon vanilla extract

Milk

Put the powdered sugar and extract into a small bowl. Add milk, a little at a time, and stir until the frosting is the desired consistency for drizzling.

Cherry Almond Scones

Cherries and almonds are classic flavor companions. These tender scones are filled with cherry pieces and topped with an almond glaze. We think your family will want these often. (This is also a great recipe with raisins, especially golden raisins.) The recipe is easy to make.

Ingredients

2/3 cup dried sweet cherries, diced

2 cups all-purpose flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/4 cup brown sugar

1/3 cup cold butter cut into chunks

1 cup sour cream

1 large egg yolk

1/2 teaspoon almond extract

Almond glaze (recipe follows)

Directions

Preheat the oven to 400 degrees.

1. Cover the cherries in very hot water. Let them soak for five minutes and then drain them thoroughly.
2. With a pastry knife, cut the butter into the dry ingredients until it is granular in appearance.
3. Mix the sour cream, egg yolk, and extract together in a small bowl. Make a depression in the dry ingredients and add the liquid mixture and the cherries. Stir with a spatula until moistened. (Note: If the fruit was not completely drained, the dough may be too wet. If so, add more flour as needed.)
4. Dust the countertop with flour and turn the dough out. Pat the dough into a disk about 12 inches in diameter. Cut the disk into wedges and place them on an ungreased baking sheet with room around them to expand.
5. Bake for 12 minutes or until they are golden. Remove to a wire rack to cool. Drizzle with glaze. Serve while still warm.

Almond Glaze

1 1/4 cups powdered sugar
1/2 teaspoon almond extract
Milk

Put the powdered sugar and extract into a small bowl. Add milk, a little at time, and stir until the frosting is the desired consistency for drizzling.

Cranberry Orange Scone Recipe

Dried cranberries are so flavorful—we wanted to load this scone recipe with orange to balance the abundance of cranberries. So we used the zest from two oranges, orange-flavored yogurt, and the juice to make an orange glaze. These are not boring scones.



You can use any quality dried cranberries in this recipe. We recommend that you try our super, cold-processed cranberries. Instead of being processed with a hot corn syrup bath, these are cold-processed and not partially juiced so that more of the pectin and juice remains with the berry for a brighter flavor and color. [Learn more about these cold-processed cranberries here.](#)

Ingredients

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/4 cup very cold butter
3/4 cup dried cranberries
zest from two oranges (reserve 1/2 teaspoon for the orange glaze)
1 large egg yolk
3 tablespoons brown sugar
1 teaspoon vanilla extract
1 six-ounce tub of orange-flavored yogurt

For the glaze:

1 cup powdered sugar
1-2 tablespoons orange juice
1/2 teaspoon orange zest
1/2 teaspoon vanilla extract

Directions:

Preheat the oven to 425 degrees.

1. In a large bowl, stir together the flour, baking powder, baking soda, salt and cinnamon. Use a pastry knife to cut the butter into the dry ingredients until the mixture is coarse and uniform. Stir in the cranberries and zest.

Baker's note: Use very cold butter. The secret to flaky scones is to keep the butter a solid. If the dough gets warm enough to melt the butter before baking, you will have a very different consistency. The little pieces of butter create steamy pockets in the scones in the hot oven.

2. In a small bowl, mix the egg yolk, brown sugar, vanilla, and yogurt together. Form a well in the dry ingredients and pour in the liquid mixture. Stir to combine then remove to a floured counter and knead until almost uniform.

Baker's note: Do not over-knead. Too much kneading will develop the gluten in the flour and make the scone tough.

3. Pat the dough into a 3/4-inch thick circle. Cut into wedges or circles. Place the scones on a lightly-greased baking sheet.

Baker's note: Use a cookie cutter or a glass with the edges dipped in flour to cut shapes. Do not pat the edges down but leave the cuts as sharp as possible to allow the scones to rise in layers.

Work the cut dough pieces as little as possible. The more you handle the dough, the more the gluten will be developed and the more likely the butter will melt. Either will cause tougher scones.

4. Bake for 10 to 14 minutes or until the tops are lightly browned. Remove to a rack to cool. Serve warm.

To make the glaze, stir in the orange juice to get a drizzling consistency. Add the zest and vanilla.

Steamed Bread: At Home, at Camp, or in an Emergency

Steamed breads are so versatile. We love the outdoors and are always looking for interesting and different foods that we can cook while camping and steamed breads can be cooked as you lounge around the campfire. They make wonderful treats at home. And they make great emergency fare since you don't need an oven or even a range to cook these breads.

We put the following recipe together for a trip into the Wind River Mountains of Wyoming with a group of varsity scouts. We started it cooking next to the morning fire and by the time breakfast was over and the dishes were done, the bread was ready. It was a little rich for morning food--more like a cake than a bread--but these backpackers didn't seem to mind and it certainly turned out good enough to be a treat at home.

Apricot-Date Nut Bread with Caramel Sauce

1 1/2 cups all-purpose flour
1/2 cup sugar
1 teaspoon baking soda
1/4 teaspoon salt
3/4 cup apricot nectar
2 cups chopped dates
1/2 cup chopped Brazil nuts

Caramel Sauce

3 tablespoons butter
1/2 cup packed brown sugar
1 tablespoon cornstarch
1/2 cup water
1/3 cup dry milk
1/2 teaspoon vanilla

In a medium bowl, combine the dry ingredients. (If you are taking this camping, combine these ingredients in a plastic bag before leaving.)

Stir in the juice until just combined. (An individual serving-sized can of apricot nectar is just about the right size.) Stir in the dates and nuts. (If you prefer, you can substitute raisins, dried apricots, or cranberries for the dates. Of course, you can use your favorite nuts.)

Pack the dough into a well-greased large can or other cooking container. Cover the top with heavy foil and tie it securely with string.

Place the can on a rack in a large pan or kettle. (At camp, a few clean pebbles work as well as a rack.) Fill the pan with water and set it to simmer. Let the pan simmer for two hours, adding water as necessary. When done, invert the bread onto a plate and slice to serve.

For the caramel sauce, melt the butter in a saucepan. Add the sugar and cornstarch and stir. Then stir the water and dry milk together and add to the pan. Cook and stir until thick and bubbly, about five minutes at low heat. Add the vanilla. Serve hot or cold over the nut bread. (For camping, put the dry ingredients in a plastic bag adding the vanilla to the brown sugar. Melt the butter, add the dry ingredients and then the water.)

Sugar Crusted Currant or Cranberry Scones

4 cups all purpose flour
1 1/2 tablespoons baking powder
1/2 teaspoon baking soda
1/2 cup sugar
3/4 teaspoon salt
2 teaspoons ground cinnamon
1 cup butter cut into pieces
3/4 to 1 cup currents or dried cranberries,
depending on taste
1 teaspoon vanilla extract
1 egg
2/3 cup half or half, condensed milk, or
buttermilk



For the Topping:

3 tablespoons butter, melted
1/2 cup sugar

1. Preheat the oven to 425 degrees. Grease a large baking sheet or cover it with parchment paper.
2. In a large bowl, stir together the flour, baking powder, baking soda, sugar, salt and cinnamon. Use a pastry knife to cut the butter into the dry ingredients and continue cutting until the mixture is coarse and uniform. Stir in the currents or cranberries.
3. In another bowl, stir together the vanilla extract, the egg, and the milk. Form a well in the dry ingredients and pour in the liquid mixture. Stir to combine then remove to a floured counter and knead until uniform. (Do not over-knead. Too much kneading will develop the gluten in the flour and make the scones tough.)
4. Divide the dough into two pieces and press each into 3/4 inch thick circles. Cut each circle into six wedges and place them on the prepared baking sheet. Melt the 3 tablespoons of butter and brush on the scone wedges. Sprinkle them with the sugar to cover.
5. Let bake for 15 to 18 minutes or until the tops are lightly browned. Remove to a rack to cool.

All American Fruit and Nut Quick Bread Recipe

Use this great recipe to make the fruit and nut quick bread of your choice. You can mix and match your fruit and nut selections to suit your taste and what you have on hand. It is not overly sweet and works well for breakfast or brunch. It incorporates a modest amount of whole wheat flour to enhance the flavors of the nuts and add a wholesome goodness and color to the bread.

Most quick bread recipes can also be used to make muffins. For muffins, fill prepared muffin tins 2/3's full and reduce the baking time to 15 to 20 minutes.

Quick breads can also be used for French toast and for some very interesting sandwiches. You can even toast quick bread slices for a fast morning snack.

All American Fruit and Nut Quick Bread Recipe

2 1/4 cup pastry flour (all-purpose flour may be substituted)
3/4 cup whole wheat flour
7/8 cup sugar
1/2 teaspoon salt
1/4 teaspoon baking soda
1 tablespoon baking powder
1 cup chopped or slivered nuts
1 cup dried fruit pieces
1 large egg
1/3 cup cooking oil
2/3 cup milk
1 cup water
1/2 to 1 teaspoon extract

(7/8 cup sugar is 3/4 cup plus two tablespoons. If you would prefer a sweeter loaf, use a full cup of sugar or substitute milk for the water.)

Bakers' note: *The more sugar in the quick bread recipe, the browner the crust. If you substitute milk for the water, the lactose—which is a sugar—will cause a little more browning.*

Directions

Preheat the oven to 350 degrees.

1. In a large bowl, mix the dry ingredients together (except for the fruit and nuts). Stir in the fruit and nut pieces.
2. In a medium bowl, whisk the egg with a fork. Stir in the cooking oil, milk, water, and extract.

3. Add the liquid mixture to the dry mixture. With a spatula, mix the two together until moistened. Do not over mix—over mixing will develop the gluten in the flour and make for a tougher bread.
4. Scrape the batter into a well-greased 9-inch by 5-inch loaf pan. Spread the batter evenly in the pan. The loaf will tend to rise in the center so make sure that enough batter is pushed to the edges for a more uniform loaf.
5. Bake for about an hour to an hour and ten minutes or until done. Test for doneness by inserting a toothpick into a crack in the center of the loaf. The toothpick will come out clean when done. Remove from the pan and cool on a wire rack.

Quick breads are best if stored overnight in a cool place. The flavor of the fruit is developed and dispersed by storage and the bread tends to be moister.

Apricot Nut Bread

Use dried apricots snipped into small pieces. Use 1/2 teaspoon orange or rum extract or one teaspoon vanilla extract. Add 1 teaspoon orange zest.

Blueberry Lemon Nut Bread

Use frozen or fresh blueberries but do not add them until last so that the berries do not discolor the batter. Keep the blueberries frozen until they are added to the batter. Use one teaspoon lemon extract and one teaspoon lemon zest.

Apple Walnut Bread

Use dried apples snipped into small pieces. Use one teaspoon vanilla extract. Use chopped walnuts.

To make apple bread in a bread machine, [click here](#). To make apple bread with yeast instead of in a quick loaf, [click here](#).

Cranberry Nut Bread

Use dried cranberries. Use 1/2 teaspoon orange extract and one teaspoon orange zest.

To make cranberry nut bread in a bread machine, [click here](#). To make a cranberry nut bread with yeast instead of in a quick loaf, [click here](#).

Would you like exceptional cranberries for your baking? [Click here](#) for cold-processed cranberries (not available in stores).

Cherry Almond Bread

Use dried cherries and slivered almonds. Use one teaspoon almond extract.

Old-Time Apple Jumbles

Jumbles have been around for a long time, maybe since the Romans. They were popular in their many aberrations in medieval Europe. Jumbles were most often baked as small cake-like confections though some were baked as knot shapes. The Germans are credited with adding fruits and nuts to these cookies.

Today's jumbles are still soft, cake-like cookies with bits of nuts and fruit. In these we added apples and cinnamon. We think this jumble recipe makes a very fine cookie and is in the tradition with the jumbles of history. You'll like these not-too-sweet-cookies.



These heritage cookies are drop cookies and so they are easy to make. And they taste like something that your grandmother or great-grandmother would bake up.

Ingredients

2 1/2 cups all purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon nutmeg
1 teaspoon cinnamon

1/2 cup (1 stick) butter
3/4 cup granulated sugar
1/2 cup brown sugar
1 teaspoon vanilla extract
1 large egg

1 cup buttermilk
1 cup diced dried apples
3/4 cup walnut pieces

Directions

Preheat oven to 350 degrees

1. In a medium bowl, mix the flour, baking powder, salt, nutmeg, and cinnamon together.
2. Cream together the butter and sugars. Add the extract and egg. Beat until light and fluffy.
3. Add the dry ingredients and the buttermilk, one third at a time, alternating and starting with the dry ingredients. Add the apples and nuts.
4. Drop the batter by spoonfuls on a greased baking sheet. Bake for 15 minutes or until done. Cool on a wire rack.

Bakers note: *These are light-colored cookies. Do not over bake them.*

New England Hermits

These are moist, spicy drop cookies that we find very good—but then, we like spicy cookies. If you like oatmeal raisin cookies, chances are you'll like these. They are chock full of nuts and raisins. If you want to tone down the spices just a bit, omit the ground cloves.



These heritage cookies from New England are quick, easy cookies to make.

Ingredients

3 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon ground cloves (optional)

1 cup shortening
2 cups brown sugar
2 large eggs

1/2 cup buttermilk

2 cups chopped walnuts
1 1/2 cups raisins

Directions

Preheat the oven to 375 degrees

1. Measure the flour, baking soda, salt, and spices into a medium bowl.
2. Using the paddle wheel attachment on your stand type mixer or an electric handheld mixer, beat the shortening and brown sugar together until light and fluffy. The mixture should be a light brown in color. Add the eggs, one at a time, beating after each addition. The mixture should be light and fluffy.
3. Add the flour mixture and the buttermilk in three separate additions starting with the flour mixture, beating only until combined after each addition. Add the nuts and raisins.
4. Make golf-ball sized mounds on a greased cookie sheet. Bake for eight to ten minutes at 375 degrees or until the edges of the cookies just begin to brown. Do not over bake. Remove to a wire rack to cool.

Cranberry Coconut Bars

Cranberry Coconut Bars, is more of a big kid cookie—it has too much fruit and too many nuts in it to suit most youngsters. But it so scrumptious and easy, we had to include it. If you are making a lunch for a spouse or a teenager, we think this will be a hit. Of course, it doesn't have to go in a lunch pail.



This is a microwave cookie that can be mixed right in the baking pan. How's that for convenience?

If you are not fond of dried cranberries, consider substituting dates, raisins, or chopped apricot pieces in this recipe.

Ingredients

1/2 cup butter
1/2 cup brown sugar
1 1/2 cup quick rolled oats
1/4 cup light corn syrup
1/2 cup dried cranberries
1/2 cup sweetened flaked coconut
1/2 cup walnut pieces

Directions

1. Place butter in an 8-inch square, microwave-safe baking dish. Microwave until the butter is melted.
2. Stir in the brown sugar until dissolved. Stir in the rest of the ingredients. Press the mixture firmly into the dish.
3. Microwave for three to five minutes or until lightly browned. If your microwave does not have a rotating carousel, rotate the dish twice during cooking.
4. Let the cookies cool and then cut them into bars with a sharp knife. Wrap them individually to pack in a lunch.

This recipe will make sixteen 2 x 2-inch squares.

Deluxe Dutch Apple Pie

There's a reason why this is called deluxe. It's loaded with sweet apples and brown sugar and then accented with sour cream. (We like to spike it up with cranberries or walnuts but those are optional.) Then of course, it's topped with a streusel topping. (And of course, a streusel topping makes for an easier pie.)

Deluxe Dutch Apple Pie

Deep dish pie shell for a nine-inch pie

8 cups peeled and sliced apples
2/3 cup dried cranberries (optional)
2/3 cup chopped walnuts (optional)
1/2 cup sugar
1/2 cup brown sugar
1/4 cup all-purpose flour
1/4 teaspoon nutmeg
1 teaspoon cinnamon
1/2 cup sour cream

Brown Sugar and Cinnamon Streusel

1 cup all-purpose flour
1/2 cup brown sugar
1/2 tablespoon cinnamon
1/3 cup cold butter cut into small pieces

(Or use our Cinnamon Streusel Mix.)

Directions

1. Mix the sugars, flour, and spices in a large bowl. Add the apples, optional cranberries, optional nuts, and sour cream. Toss the fruit through the mixture with a spatula to coat.
2. Spoon the fruit mixture into the pie shell.
3. For the streusel, mix the all ingredients in a deep bowl. With a pastry knife, cut the butter through the mixture until it becomes coarse and granular. Spoon the streusel over the pie.
4. Bake in a preheated oven at 375 degrees for 40 minutes or until the topping is browned and the pie is bubbly.
5. Cool in the pan on a wire rack.

Serve with ice cream or whipped cream.

Peach Mock Pie with Cranberries and Mango (Peach Crumble)

It's peach season and we are awash in peaches. We thought you might be also, so we decided to share some great peach desserts—a pie, a crumble, and a cobbler. We think you will find all three extraordinary.

This is really a crumble but it's made with a little less liquid and in a pie pan to look more like a pie. It's a quicker version of a pie and a variation of the Cranapple Mock Pie that we presented in a newsletter earlier this summer.

This is one of those recipes that allow you to experiment, to be creative. We bought a selection of juices—both frozen concentrates and bottled juices—before starting this project. We also visited the frozen fruit section in the grocer's freezer case and picked up several berry choices. (Buy the individually frozen berries, not the berries frozen in syrup.) For this version, we settled on sweet mango juice to complement the peaches and tart cranberries to accent them. We used our cold processed cranberries—we much prefer them. (To learn more about cold processed cranberries or to purchase them, [click here.](#))

Peach Mock Pie with Cranberries and Mango

You will need a deep-dish, nine-inch pie pan for this dessert.

Fruit filling:

3/4 cup mango juice
1/2 teaspoon vanilla extract
2/3 cup all purpose flour
3/4 cup brown sugar
2/3 cup dried cranberries
5 cups ripe peaches, peeled and sliced (about six medium peaches)

Crumble Topping:

3/4 cup all purpose flour
1/3 cup brown sugar
1/2 cup old fashioned rolled oats
1 teaspoon cinnamon
6 tablespoons cold butter
1/2 cup chopped walnuts or pecans

Preheat the oven to 375 degrees.

1. In a large bowl, whisk the juice, extract, flour, and brown sugar together. Stir till dissolved.
2. Add the cranberries and the peaches. Stir to coat the fruit with the liquid mixture.

3. For the streusel topping, mix the flour, brown sugar, oats, and cinnamon together. Cut the butter into small pieces and then cut into the mix with a pastry knife or two kitchen knives. Add the nuts.
4. Place the fruit filling in a deep-dish, nine-inch pan. Level the filling. Cover with the streusel topping.
5. Bake for 25 minutes or until the topping begins to brown.

Serve warm or cold with ice cream or whipped cream.

Cranapple Crumble Mock Pie

Desserts that are easy and loaded with fresh fruit seem just right for summertime. So we've been cruising for ideas. Everyone loves apple pie but in a busy summer, we sometimes don't have the time to bake a favorite pie. So we invented this crustless pie to make the baking faster and easier. We used all the fruit and loaded a nut-filled streusel on top. We added some cranberries and cranberry juice to give it some zing. We think it's great. We bet your family will love it—especially steaming hot and topped with vanilla ice cream



Without a crust, this will not hold together like a slice of pie. When you serve it, it will look more like a crumble or a crisp. We don't think that will matter . . . it will still look and taste great.

You can use this same recipe and substitute other fruit combinations. We can't wait to try fresh peaches with raspberries and pears with blueberries. You may never go back to pie crusts.

You will need a deep-dish, nine-inch pie pan for this dessert.

Fruit filling:

3/4 cup sweetened cranberry juice
1/2 teaspoon vanilla extract
1/3 cup all purpose flour
3/4 cup brown sugar
2/3 cup dried cranberries
4 cups tart apples, peeled and cubed (about four medium apples)

Crumble Topping:

3/4 cup all purpose flour
1/3 cup brown sugar
1/2 cup old fashioned rolled oats
1 teaspoon cinnamon
6 tablespoons cold butter
1/2 cups chopped walnuts or pecans

Preheat the oven to 375 degrees.

1. In a large bowl, whisk the cranberry juice, extract and flour together.
2. Add the brown sugar and stir till dissolved.
3. Add the cranberries and the apples. Stir to coat the apples with the liquid mixture.
4. For the streusel topping, mix the flour, brown sugar, oats, and cinnamon together. Cut the butter into small pieces and then cut into the mix with a pastry knife or two kitchen knives. Add the nuts.
5. Place the fruit filling in a deep-dish, nine-inch pan. Level the filling. Cover with the streusel topping.
6. Bake for 25 minutes or until the topping begins to brown.

Serve warm with ice cream or whipped cream.

Bake at 375 degrees for 25 minutes or until the streusel top begins to brown.

Cranberry Apple Walnut Cobbler Recipe

Cranberries, walnuts, and apples—what could be better. The tartness of the cranberries accents the sweetness of the cooked apples perfectly. And the topping is perfect—rich and crumbly and loaded with nuts. It's like an apple pie with extra flavor and nuts. And it's easy . . . much easier than your favorite pie recipe.



Ingredients

Filling:

6 large baking apples peeled, cored, and sliced (about 8 to ten cups)
1 12-ounce can apple juice concentrate, thawed
1 teaspoon vanilla extract
3 tablespoons cornstarch
1/2 teaspoon cinnamon
1/2 cup brown sugar, packed
2 tablespoons butter
3/4 cup dried cranberries

Topping:

8 tablespoons butter, melted
2/3 cup milk
2 eggs

2 cup flour
1 cup chopped walnuts
2/3 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt

Directions

1. Prepare the apples. The slices should be about 1/2-inch thick.
2. For the filling, mix the apple juice concentrate, the vanilla, the cornstarch, and the cinnamon in a large pan. After the filling liquid is mixed, measure and add the brown sugar. Stir until dissolved. Add the butter.
3. Add the apple slices and cranberries and stir to coat. Heat over medium heat until the apples are nearly tender and the sauce is translucent and bubbly.
4. While the apples are cooking preheat the oven to 350 degrees and mix the topping.
5. In a medium bowl, whisk the butter, milk, and eggs together.

6. In a large bowl, mix the flour, nuts, sugar, baking powder, and salt together. Make a well in the center of the dry ingredients.
7. Once the apple filling is cooked, remove the filling to an ungreased 9 x 13-inch baking pan.
8. Pour the wet topping ingredients into the well in the dry ingredients. Stir with a spatula until mixed.
9. Spoon the dough over the filling. It does not need to be smooth and minor gaps in the topping are alright. Bake the cobbler for 30 minutes or until the top begins to brown and a toothpick inserted in the center comes out clean.

Serve hot with ice cream or whipped cream.

Frosted Cranapple Rolls

Our friend John in Snellville, Georgia, added Super Cranberries to Knobby Apple Bread. He reported that it was great. We got to thinking (a-ha!). What if we did a sweet roll with apples and our special cranberries? Voila! Frosted Cranapple Rolls! Scrumptious. Thanks, John. We'd like you to try these scrumptious rolls and would like to make you a deal.



We took a traditional Knobby Apple Bread Mix and made it as you would cinnamon rolls, sprinkling the apples and cranberries on the dough and then rolling it jelly-roll style. We baked it and frosted it with Lemon Fondant Frosting.

To Make Frosted Cranapple Rolls

Set the dried apples aside. Mix the dough according to directions, using only two cups of water. (Without the apples, the dough will require less water since there will be no apples in the dough to absorb water.) Place the dough in a greased bowl to rise. Allow the dough to rise until doubled.

Melt four tablespoons butter and let it cool until warm. Sprinkle just a slight bit of flour on a clean countertop. Pat the dough flat and then roll it with a rolling pin until it is 3/8-inch thick. Spread the butter on the flattened dough. Mix 1/4-cup granulated sugar with one teaspoon cinnamon and spread the mixture on the buttered dough. Spread the apples and one cup dried cranberries on the dough. Roll the dough up jelly-roll style and cut with a serrated knife into 1 1/2-inch slices. Place in a prepared pan and let rise until doubled.

Preheat the oven to 350 degrees. Bake until done, about 20 minutes. Remove the rolls to a wire rack to cool.

While the rolls are still warm, mix the frosting and spread it on the tops.

Baked Rice Pudding Recipe

This is a marvelous rice pudding recipe, really a custard pudding that includes rice. The eggs set while baking just as in a custard dessert or pie. We like this pudding with dried cranberries or raisins. Not only do the cranberries give the pudding a little zip, the cranberries make for a very attractive presentation. If you are looking for a Christmas pudding recipe, add this one to your arsenal.

This pudding is a great way to use leftover rice. Check out the wholesome ingredients in the recipe.

Ingredients

4 large eggs
1/2 cup granulated sugar
1/2 tablespoon vanilla extract
1 12-ounce can evaporated milk
1/2 cup milk
1 1/2 cup cooked rice
2/3 cup raisins or dry cranberries
1/2 teaspoon cinnamon
1/8 teaspoon ground nutmeg

Directions

1. Whisk together the eggs, sugar and vanilla until well-combined. Add the milks. Stir in the cooked rice, and the raisins or cranberries. Transfer the mixture to a 2-quart baking dish.
2. Place the baking dish in a larger pan on a rack in the center of the oven. Pour very hot water in the other pan so that the baking dish is sitting in water about one inch deep.
3. Bake for 30 minutes at 325 degrees. Stir the pudding, sprinkle with the spices, and then bake for another 30 minutes. The pudding is baked when there is still a little jiggle in the center and a knife inserted in the center comes out nearly clean. (Note: The depth and the color of the pan seem to make quite a difference in the time required to bake. Check the pudding for doneness early.)
4. Cool before serving.

Tips for success:

1. The eggs need to be well-combined so that they are dispersed in the pudding. Whisk well but not to the point that the mixture is foamy.
2. Do not over bake the pudding. The pudding will be smoothest if barely set. It should be removed from the oven while there is still some jiggle as you shake the pudding gently.
3. While you can make this pudding without the fruit, we think the cranberries and raisins make this pudding special.

Easy Cranberry Syrup

Try this great fruit syrup made from dry cranberries. It's terrific on an ice cream sundae or with your morning pancakes. It even works as a sauce on roast turkey. Best of all, it's easy and almost foolproof to make. And you can have these cranberries for free with your purchase.

1 cup dry cranberries (3.5 ounces)
1 cup hot water
1 tablespoon cornstarch (makes a thick, sauce-like syrup. For a thinner syrup, use 1/2 tablespoon)
1/2 cup sugar
1 tablespoon lemon juice

In a medium-sized microwave safe bowl, mix the cranberries and hot water. Cover the bowl and cook at high heat in the microwave for two minutes. Remove the bowl and let the berries steep for ten minutes.

Use an electric food blender to puree the berry and water mixture. The mixture should look like a thick juice.

Place the cornstarch in a small saucepan. Add two or three tablespoons of the pureed fruit to the pan and stir to make a slurry of the cornstarch. No lumps should remain. Add the rest of the fruit mixture, the sugar, and the lemon and stir.

Heat the syrup on a medium setting until the mixture begins to bubble and the syrup thickens, stirring to keep from scorching the liquid. Remove from the heat and let cool. The syrup will become thicker as it cools. This makes about 12 ounces of syrup.

Note: We use a cold-processed cranberry that we think is superior to the heat-processed cranberries purchased in the stores.