

# XCentric Ideas



Dried prunes ...

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by  
ALMA PRETORIUS  
[alma@xcentricideas.co.za](mailto:alma@xcentricideas.co.za)  
[www.xcentricideas.co.za](http://www.xcentricideas.co.za)

Recipes and photos:  
Alma Pretorius  
(unless credited)

# Prune Puree

Makes 2/3 cup puree

226 g dried prunes, pitted

1/2 cup hot water

Hot water to cover

Soak prunes in hot water for 5 minutes. Drain. Add prunes and 1/2 cup hot water to a food processor with metal blade, blitz till smooth. Can be stored up to 1 month in the fridge. Can be frozen for up to 6 months.

## Using prune puree:

- *Stir into oatmeal.*
- *Use in a smoothie.*
- *Perfect as a filling for cake.*
- *Add a tablespoon to your burger patty mix.*
- *Use as a pizza sauce with feta cheese and rocket.*
- *Spread on sandwiches – or wraps.*
- *Replace butter or oil in baking with prune puree.*
- *Stir into natural yogurt, top with seeds for breakfast.*
- *Add to your cheese board.*



Recipe: <https://www.yummytoddlerfood.com/prune-puree/>

Photo: Alma Pretorius

# Prune Chili Sauce

Makes 250 ml

- 84 g dried, pitted, prunes
- 8 (or less) Birds' eye chilies, chopped
- 2 teaspoons crushed garlic
- 2 teaspoons cumin powder
- 2 teaspoons coriander powder
- 1 heaped teaspoon prepared grain mustard
- 1 teaspoon black pepper
- 2 teaspoons paprika
- 1 teaspoon ginger
- 2 tablespoons white sugar
- 1 teaspoon allspice
- 1/4 cup water
- 1/2 cup vinegar
- 3/4 cup vegetable oil

Blitz everything together till smooth – pour into sterilized jar. Keep in fridge.



# Poached prunes

Dried prunes

Dried fruit

Hot tea (Rooibos tea is my favorite for this recipe, but use any other tea – no milk)

Cinnamon stick (or 2, depending on quantity fruit)

In a pot on the stove, add the dried fruit and cinnamon stick to the hot tea, put lid on and simmer till they're soft and plump. Remove cinnamon stick and serve.

*Serve with yogurt for breakfast; with ice cream and/or custard as dessert.*

*How strong you make the tea is up to you.*



# Prune and Citrus muffins

Makes 6 big muffins

1 cup self raising flour  
1 large egg  
1/2 cup milk  
1/4 cup vegetable oil  
1/2 cup white sugar  
1 teaspoon lemon essence  
100 g dried citrus peel  
12 big, pitted, dried prunes – keep whole  
Extra white sugar for topping

Preheat oven to 200 oC. Prepare 6 muffin pan. Mix together the lemon essence, citrus peel, egg, oil, sugar and milk. Add the self raising flour. Spoon into muffin pan.

Press 2 prunes into each muffin cup mixture – sprinkle with extra white sugar. Bake for 20 minutes – or till test skewer comes out clean.

*Perfect for a lunch box. Enjoy with yogurt or custard as a dessert.*



# Prune and custard cookies

Makes 20, depending on size

- 8 tablespoons vegetable oil
- 1 cup self raising flour
- 1 large egg
- 1/4 cup custard powder
- 1/2 cup white sugar
- 1 teaspoon vanilla essence
- 75 g dried, pitted prunes, chopped

Preheat oven to 170 oC. Spray baking sheet. Mix all together, form balls and place on baking sheet (not too close, they spread). Bake for 10 minutes. Let rest on sheet for 10 minutes.



# Prune Oat Crunchies

Makes 30, depending on size

1 ½ cups self raising flour  
1 ½ cups oats  
½ cup desiccated coconut  
¾ teaspoon salt  
1 cup vegetable oil  
1 large egg  
1/2 cup white sugar  
1/2 cup brown sugar  
1 teaspoon vanilla  
1 cup dried, pitted prunes, chopped  
Extra desiccated coconut for top

Preheat oven to 175 oC. Grease 1 cookie sheet.

In large bowl, stir together the flour, salt, white sugar, brown sugar, oats, prunes and 1/2 cup coconut. In small bowl, whip together oil, egg and vanilla. Make well in the center of flour mixture and pour in the oil-egg-vanilla mixture. Mix well with hands or wooden spoon.

Spoon mixture onto greased cookie sheet. Flatten the mixture all the way to the edges – PRESS down to compact it. Sprinkle extra coconut on top, press down again. Bake for 20 minutes, cookies should be a very light brown. Remove from oven, cut into squares. Cool for about 5 minutes on sheet ... remove carefully and place on wire rack to cool completely. It will be a crumbly cookie.



# Prune Spice Cookies

Makes 20, depending on size

7 tablespoons vegetable oil  
1 large egg  
1 cup self raising flour  
1/2 cup prune puree (See recipe below)  
1/4 cup white sugar  
1 teaspoon Allspice  
1 teaspoon vanilla essence

Preheat oven to 170 oC. Spray baking sheet. Mix all together, drop teaspoon size mixture on baking sheet, not too close, they do spread. Bake for 12 minutes. Let cool.

## **PRUNE PUREE**

1 cup dried and pitted prunes  
1/2 cup hot water

Soak prunes in water for 5 minutes. Add prunes and water to food processor with metal blade and blitz till smooth.





# Prune Crunchie Balls

250 g prunes, pitted, soak in hot water for 5 minutes  
3 tsp coconut (and extra to roll in)  
1 tsp honey or sugar  
100g wheat biscuits / Provitas (wheat free biscuits), crushed

Drain the prunes. In your blender, blitz the soaked and drained prunes. Add the coconut, honey (sugar) and crushed wheat biscuits in processor. Blend till fine. Form into balls, roll into coconut. Keep in fridge!

*Or you can press the mixture down in a greased square / rectangular pan / pie dish and sprinkle with coconut. Refrigerate, cut into squares. Keep in fridge.*



# Prune Brownies – gluten free

Makes 20 – 30, depending on size

1 can (425 g) black beans/kidney beans, drained and rinsed very well!!!  
3 large eggs  
1/2 cup (100 g) chocolate slab chips  
3/4 cup prune puree\* (see below for recipe)  
1/2 tsp baking powder  
1/2 cup cocoa powder  
2 tsp vanilla essence (or 1 tsp vanilla extract)  
3 tbsp flavored yogurt  
1/2 cup salted peanuts (other nuts), chopped coarsely

## **Prune puree:**

1 cup pitted prunes  
½ cup hot water

For the puree, in food processor with metal blade, blend prunes and hot water till they form a smooth paste.

Preheat oven to 180 oC. Line square baking pan with baking paper/foil – overhang the sides.

To the prune puree in the processor, add the black beans and mix till very smooth. (Stop and scrape down the sides a couple times.)

Add eggs, yogurt, baking powder, cocoa powder and vanilla. Process till nicely blended. Add the peanuts and pulse 5 times. Pour the mixture evenly into the prepared baking pan. Sprinkle with chocolate chips.

Bake for 25 minutes – test skewer comes out clean.

Keep in tray for 10 minutes, cut and carefully remove. Place on wire rack and let cool completely before serving.

