

**Health & diet centres, 17th- 23rd February is National Prune Week : French prunes- moist & juicy.**

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**Health & Diet Centres**

**17th - 23rd FEBRUARY**

**IS**



**NATIONAL  
PRUNE WEEK**

*French Prunes - moist & juicy*

**250g  
only 72p**

**500g  
£1.35**

**1 kilo  
£2.60**

*Eat straight from the packet - no need to soak*



*When you think of prunes - if you ever do - you will probably recall them as shrivelled up black things that had to be swamped in custard to provide moisture and hide the taste!*

*Our prunes should not be considered in the same vein, they are tasty and moist.*

*Packed full of vitamins and minerals and rich in fibre they are the ideal food for a quick snack or as part of a more substantial meal. They are rich in iron which makes them an essential food for teenage girls and women - at only 11 calories each they will not hurt your diet.*

The word prune is derived from the latin 'prunes' meaning plum.

The most usual method of preparing prunes is to cover them with water or if you prefer, fruit juice, and leave them to stand overnight.

We have some more exciting way for you to use them.

## **STIR FRY VEGETABLES IN SWEET AND SOUR SAUCE**

*1 x 15ml spoon/1 tbsp oil  
1 leek, cleaned and thinly sliced  
1 onion, peeled and sliced  
50g/2oz mange tout  
50g/2oz baby sweetcorn  
50g/2oz beansprouts  
50g/2oz carrot, cut into narrow strips  
200g/8oz cooked blackeye beans  
100g/4oz prunes*



### *Sauce*

*Juice of 1 orange*

*2 x 15ml spoons/2 tbsp red wine vinegar*

*2 x 15ml spoons/2 tbsp water*

*2 x 15ml spoons/2 tbsp soy sauce*

*1 x 15ml spoon/1 tbsp brown sugar*

*1 x 15ml spoon/1 tbsp tomato puree*

*Salt and freshly ground pepper*

Heat oil in a wok or deep pan. Add leek and onion slices, stir fry for 2 minutes. Add remaining vegetables, stirring all the time, and stir fry for a further 3-4 minutes. Combine sauce ingredients and heat up together for 3-4 minutes. Serve with brown rice.

## **FRUIT AND NUT PILAFF**

*25g/1oz butter*

*1 onion, peeled and finely chopped*

*125g/5oz long grain brown rice*

*375ml/3/4 pint vegetable stock*

*Salt and freshly ground pepper*

*50g/2oz prunes, chopped*

*50g/2oz dried apricots*

*50g/2oz sultanas*

*25g/1oz flaked almonds, toasted*

Melt butter, fry onion until soft. Add rice, cook for 3-4 minutes. Pour on stock, add salt and pepper. Bring to the boil, cover and cook at 180 C, 350 F, Gas Mark 4 for 20 minutes. Add chopped fruit and nuts, cook for a further 10 minutes until water is absorbed and rice is tender.

## **PRUNE AND YOGHURT CAKE**

*100g/4oz soft dark brown sugar*

*100ml/4 fl. oz sunflower oil*

*2 eggs*

*125g/5oz wholemeal self-raising flour*



*half tsp bicarbonate soda*  
*1 tsp cinnamon*  
*half tsp mixed spice*  
*half tsp nutmeg*  
*100g/4oz prunes, chopped*  
*100ml/4 fl. oz natural low fat yoghurt*

**Topping:**

*25g/1oz soft dark brown sugar*  
*1 tbsp natural low fat yoghurt*  
*2 tsp honey*

Whisk together the sugar, oil and eggs. Sift in the flour, bicarbonate of soda and spices. Mix well, stir in the prunes and yoghurt. Turn into a greased and lined 8 inch (20cm) cake tin. Bake at 180 C, 350 F, Gas Mark 4 for 35-40 minutes until firm to the touch. Turn out and cool on a wire rack. Warm together the topping ingredients until smooth. Prick the cake all over the top and pour over the topping.

## FRUIT AND NUT CRUMBLE

**Base:**

*100g/4oz prunes*  
*100g/4oz dried apricots*  
*100g/4oz dried figs*  
*100g/4oz dried apples*

**Topping:**

*100g/4oz wholewheat flour*  
*50g/2oz margarine*  
*25g/1oz dark brown sugar*  
*25g/1oz hazelnuts*

Soak fruit overnight if necessary. Simmer for 10-15 minutes, until softened. Place in an ovenproof dish. Place flour in bowl, rub in margarine until mixture resembles breadcrumbs. Add sugar and nuts, sprinkle over fruit. Bake at 200 C (400 F, Gas Mark 6) for 25 minutes, serve with natural yoghurt.