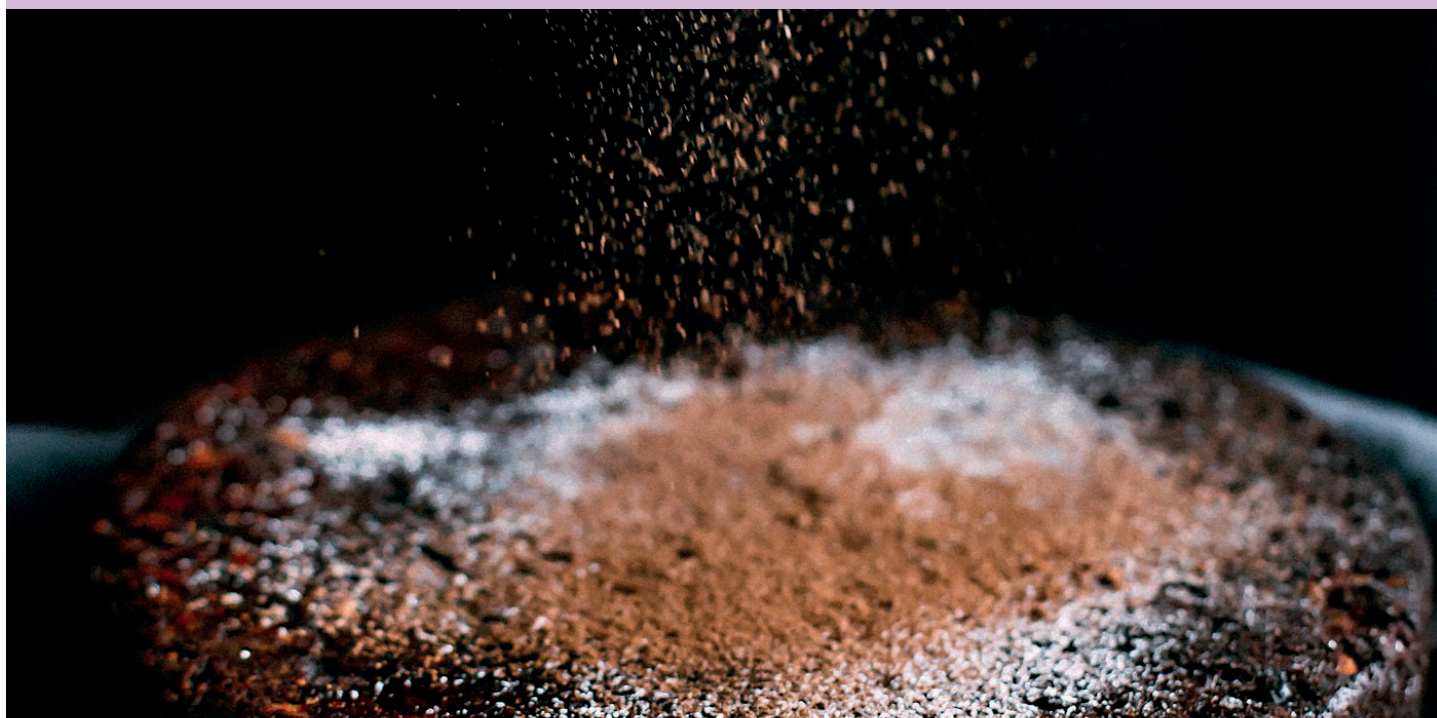


PRUNES IN ARMAGNAC AND MORE



Rosie's Preserving School

PRESERVING PRESERVING

Equipment List

Large pan: jam pan or large saucepan

Wooden spoon

Sharp knife

Chopping board

Measuring jug

Jam funnel

Sieve or food processor

Teaspoon

Scales

Prunes are wonderful as a quick snack but also make the most wonderful preserves. Many people recoil from prunes but - trust me - using the ready to eat, pitted variety with the stones already removed, most of the work is done.

We have the main recipe to make and a few other ideas for using this versatile fruit - they are only dried plums after all!

Don't forget lids to fit your jars and some labels - see the individual recipes

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie

Ingredients

Prunes in Armagnac

Prunes - the ready to eat kind	450g/1lb
Brown sugar	2 tbsps
Water	500ml/20 floz
Armagnac	200ml/8 floz

Method

Put the water and sugar into a pan and stir over a medium heat until the sugar is dissolved

Bring to the boil for a few minutes to create the syrup

Pack the prunes into your chosen jars and pour over the syrup equally leaving around 5-10mm of headspace

Check for air bubbles using a dinner knife or chopstick - release the air with the end of the knife and also ease the knife down into the middle of the jar to release any trapped air

Pour armagnac into the top of the jar, sealing the jars as you go to prevent the alcohol from evaporating

Will keep for 6-12 months

Ingredients

The Magnificent Chocolate Cake

Plain flour	125g/5oz
Cocoa powder (not drinking choc)	85g/4oz
Eggs	8
Vanilla extract	1 teaspoon
Butter	115g/4.5oz
Sugar	300g/12oz
Armagnac Prunes	1 jar

Method

Heat oven to 180C/ Gas 4

Line a 25cm/10 inch springform cake tin with baking parchment

Beat the butter and sugar together in/with and electric whisk until light and fluffy

Add the eggs a little at a time

Sift the flour and cocoa powder together and then add a little at a time to the mix

Chop 4-6 of the prunes and stir into the mix with the vanilla extract

Spoon into the cake tin and smooth the top evenly and bake for 35mins

Check that a knife blade or skewer comes out cleanly if inserted into the middle. Leave to cool

To serve: A few hours before eating, prick the top with a fork and spoon over as many prunes as you like together with the juice from the jar. Leave it to soak and then serve with clotted cream, marscapone or crème fraiche

TOP TIP: Make the cake, cut into slices and freeze individually. Take as many slices as you need from the freezer, thaw, and then pour over the prunes and syrup



SPICED PRUNES

Prunes, ready to eat	500g/1lb
Nutmeg	half tsp
Ground black pepper	half tsp
Cinnamon stick	1
Red wine vinegar	600ml/10 floz
Brandy	1 tbsp per jar

SURPRISE PRUNES

Prunes, ready to eat	250g/8 oz
Stem ginger	2 pieces
Demerara sugar	125g/4 oz
Orange	1

PRUNE JAM - LEVKAR

Prunes, ready to eat	500g/1 lb
Water	500ml/10 floz
Salt	half tsp
Sugar, white granulated	2-6 tbsp

Cook prunes and water together in a pan for 15-20 mins.

Process until smooth, taste, add sugar if needed

Jar and keep refrigerated

TOP TIP: You could add spices to the mixture when cooking and/or orange/lemon zest and replace some of the water with citrus juices

PRUNE ENERGY BALLS

Prunes, ready to eat	500g/1 lb
Almonds, ground	300g/12oz
Coconut flakes	50g/2oz
Cocoa powder	100g/3oz
Coconut oil	1 tbsp
Vanilla extract	1 tbsp
Almond extract	half tbsp
coconut flakes, for rolling	

Combine all ingredients, in processor for ease, until a fudge-like consistency. Add 1 tablespoon water if too crumbly
Roll into balls, roll in coconut flakes. Makes 26

Dairy-free, vegan, paleo approved. Will keep 5 days in fridge

For more delicious recipes and inspiration visit
<https://recipes.rosiemakesjam.com>