

Cook with California Raisins

Tasty recipes
specially created
with children
in mind



**THINK RAISINS.
THINK CALIFORNIA**



Treat your kiddies to these meals, snacks and lunch box ideas. They've all been created by child nutrition expert Fiona Bird, with your little ones in mind.

Each recipe is not only quick and easy to prepare, but they all contain healthy ingredients to keep your children bright and lively too.

Visit our website for more exciting recipe ideas
www.californiaraisins.co.uk

Enjoy!

California Raisins

If food is about:

- **Filling up:** Feeding the family
- **Convenience:** Fun vs. fuss
- **Being tasty:** Happy faces and empty plates



Then California Raisins fit the bill for just about everyone.

- Fruit sugars are concentrated in California Raisins, which means that they are high-energy food.
- Fruit sugars are much better than refined (even brown) sugar. They take longer to digest and they keep us full for longer.

- A tablespoon of California Raisins can be a great energy snack or a fantastic boost to loads of recipes and meals.
- California Raisins are a wonderful source of minerals and vitamins, sometimes known as 'micro-nutrients'.
- Micro-nutrients are the difference between good food and great food. Natural foods tend to be a much better source for them than processed foods.
- California Raisins give us:
 - Vitamins including A, B1, B2, B6 and C.
 - Minerals including Iron, Copper, Calcium and more.
- Even better California Raisins give us:
 - Fibre, to keep our insides on the move.
 - Antioxidants which help protect us from some nasty cancers and heart disease.
 - Lastly, but not least, California Raisins have natural chemicals that can protect the teeth from the bacteria that cause decay.*

All this from natural California Raisins, which are so easy to store and are a favourite at any time of the year.



Just Eat More
(fruit & veg)

* Source: University of Illinois

Peppers Stuffed with Chorizo and California Raisins

Makes 6

These peppers will look attractive on a cold buffet table or could, if carefully stored, brighten up a picnic table.

What to find:

6 medium peppers
1 tbsp olive oil
Small onion, diced
100g button mushrooms, finely sliced
½ can (400g) tomatoes
75g chorizo, finely chopped
75g California Raisins
100g basmati rice, cooked
250ml water

What to do:

Preheat oven to 350°F/180°C/Fan 160°/Gas 4

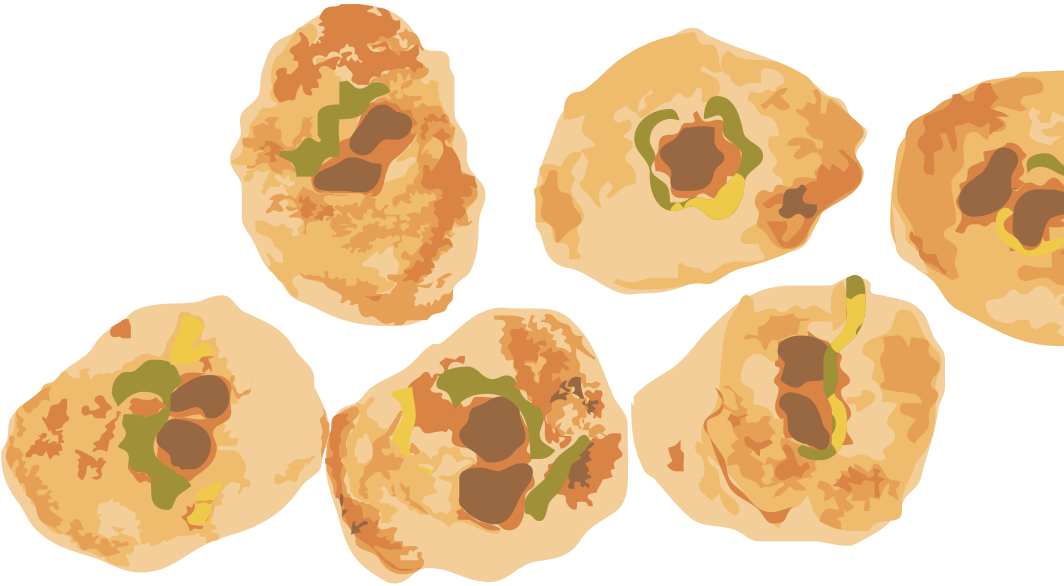
1. Wash the peppers and chop off the tops leaving the stalk intact, set the tops aside (save). Carefully remove the seeds.
2. Heat the oil in a pan and sauté the onion for 2–3 minutes until soft. Add the mushrooms and cook briefly. Add the tomatoes and stir to break up. Remove the pan from the heat and stir in the chorizo, raisins and cooked rice.
3. Put the peppers in an ovenproof casserole dish and divide the mixture between the peppers. Put the tops back on the peppers and pour 250ml of water into the casserole dish. Cover with tin foil and bake until the peppers are soft (30–45 minutes).

Serve with a green salad.



Pork Fillet Medallions Stuffed with California Raisins and Leeks

Makes 6



These medallions are handy for a lunch box and attractive on a buffet table. Serve warm for supper with a homemade tomato sauce or vegetables in a white sauce. For a less expensive cut of pork use tenderloin cut into slices.

What to find:

350g (6) pork medallions
 25g leek, finely shredded
 20g mozzarella, finely chopped
 18–20 California Raisins
 Black pepper
 1½ tbsp oil

What to do:

1. Push a small indentation in the centre of each medallion to leave a hollow to fill with stuffing.
2. Mix the leek and mozzarella in a bowl. Push a small amount of the stuffing into the centre of each medallion. Push 3–4 raisins into the stuffing. Repeat for each medallion. Season with black pepper.
3. Heat the oil in a large frying pan and cook the medallions over a medium heat for 12–15 minutes, turning occasionally.

Roasted Cracked Wheat, Salmon and California Raisin Salad

Serves 4

This colourful salad is great in a lunch box or for a cold lunch. The salmon adds colour and is rich in Omega 3. If preparing in advance, do not add the avocado until just before serving or it will discolour. For an extra nutty flavour try dry roasting all of the cracked wheat.

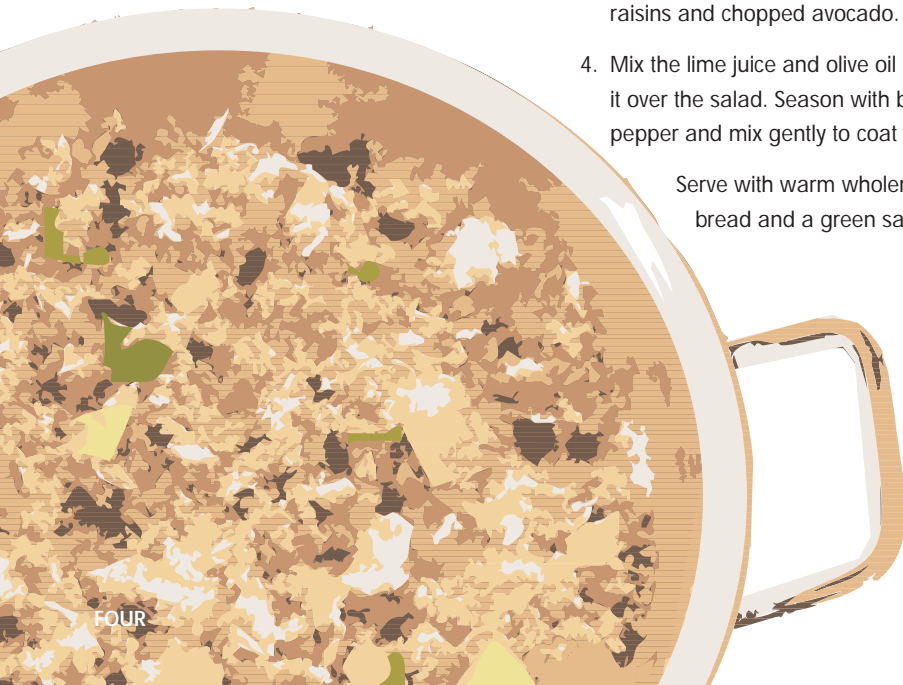
What to find:

250g cracked wheat
Boiling water
2 salmon fillets (poached)
75g California Raisins
1 ripe avocado, diced
Juice of half a small lime
2 tbsp olive oil
Freshly ground black pepper

What to do:

1. Put half of the cracked wheat (125g) in a heavy based frying pan and roast dry over a high heat until the granules begin to turn a golden colour (5–6 minutes).
2. Pour the roasted cracked wheat into a bowl and add the remaining cracked wheat. Pour enough boiling water to cover the grains, taking care because the roasted grains will retain heat. Leave to cool completely. If the cracked wheat has not absorbed all of the water drain off any excess by pushing the wheat through a sieve.
3. Roughly flake the salmon and add it to the cooled, cracked wheat. Add the raisins and chopped avocado.
4. Mix the lime juice and olive oil and drizzle it over the salad. Season with black pepper and mix gently to coat the salad.

Serve with warm wholemeal pita bread and a green salad.



Lamb with Orange and California Raisin Couscous Serves 4



This dish is quick to cook and can be served hot or cold. Mixed with shredded salad and spooned into wholemeal pita bread it makes an exciting addition to a child's lunch box.

What to find:

Large orange
Water
100g wholemeal couscous
40g California Raisins
250g minced lamb
25g toasted pine nuts
2 tbsp finely chopped coriander

What to do:

1. Scrub the orange under hot water and pat dry. Grate (or use zester) to remove the zest from half the orange. Squeeze the juice from the orange.
2. Put the orange juice in a measuring jug and add water to make it up to 200ml. Heat the orange and water in a small pan.
3. Put the couscous, orange zest and raisins into a mixing bowl. Pour the boiling orange water into the bowl. Stir well and cover with cling film. Set aside for 5 minutes until the couscous has absorbed the liquid.
4. Meanwhile, dry fry the lamb in a frying pan. When it is brown (4–5 minutes) drain off any excess fat and juices.
5. Add the cooked lamb, toasted pine nuts and coriander to the couscous and raisins. Stir gently and serve.



Cranberry and California Raisin Compote

Adding California Raisins to fruit compotes adds to the flavour as the dried fruit soaks up the fresh fruit juices.

What to find:

- 2 large oranges
- 225g fresh cranberries
- 40g California Raisins
- 125g caster sugar

What to do:

1. Scrub the oranges and carefully grate the rind from one of the oranges and squeeze the juice from both.
2. Place the orange zest, juice and rest of the ingredients into a heavy based pan.
3. Heat over a low heat stirring all the time until sugar has dissolved. Simmer for 5–8 minutes until the cranberries are soft.
4. Turn the heat off when most of the cranberries have collapsed (gone pop!).
5. Allow to cool and layer into small glasses with granola and low fat yogurt for a yummy pudding.

Seasonal Variations

Cranberry compote is delicious in the winter months but raisins can also be added to apples or pears for a great autumnal variation.

Pear and Raisin compote

What to find:

- 3 medium ripe pears (approx 375g)
- 40g California Raisins
- ½ tsp cinnamon
- 100ml apple juice

What to do:

1. Remove the stalk from the pears and peel off the skin. Core the pears, and cut into small chunks.
2. Place the pear chunks, raisins, cinnamon and apple juice into a small saucepan.
3. Cover the pan and cook over a gentle heat until the pears have broken down to make a thick purée. You will need to check every 2–3 minutes.
4. Allow the pears to cool for a few minutes and then use a potato masher to mash the pears until they are smooth. Put the lid back on the pan and allow the compote to cool completely.

Cranberry and California Raisin Energy Bars

These energy-packed bars are so versatile. Pop them in packed lunch boxes, enjoy them over morning coffee with friends or feed them to hungry children after school.

What to find:

3 tbsp Cranberry and California Raisin Compote (opposite)
 150g butter
 3 tbsp runny honey
 150g light brown sugar
 175g porridge oats
 150g mixed seeds
 175g wholemeal flour
 Pinch cinnamon

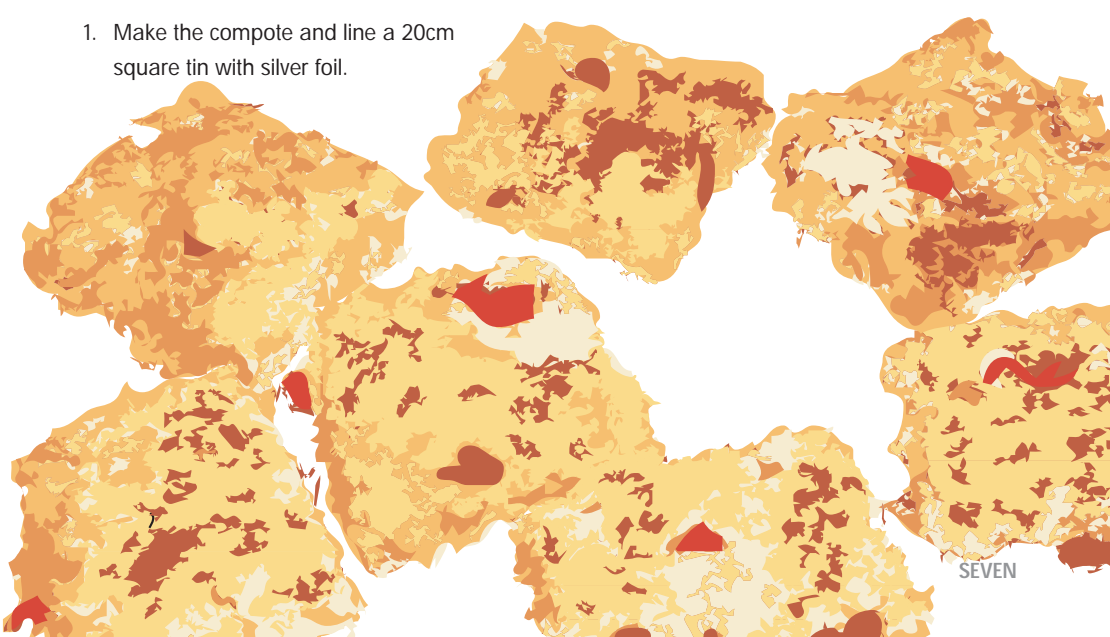
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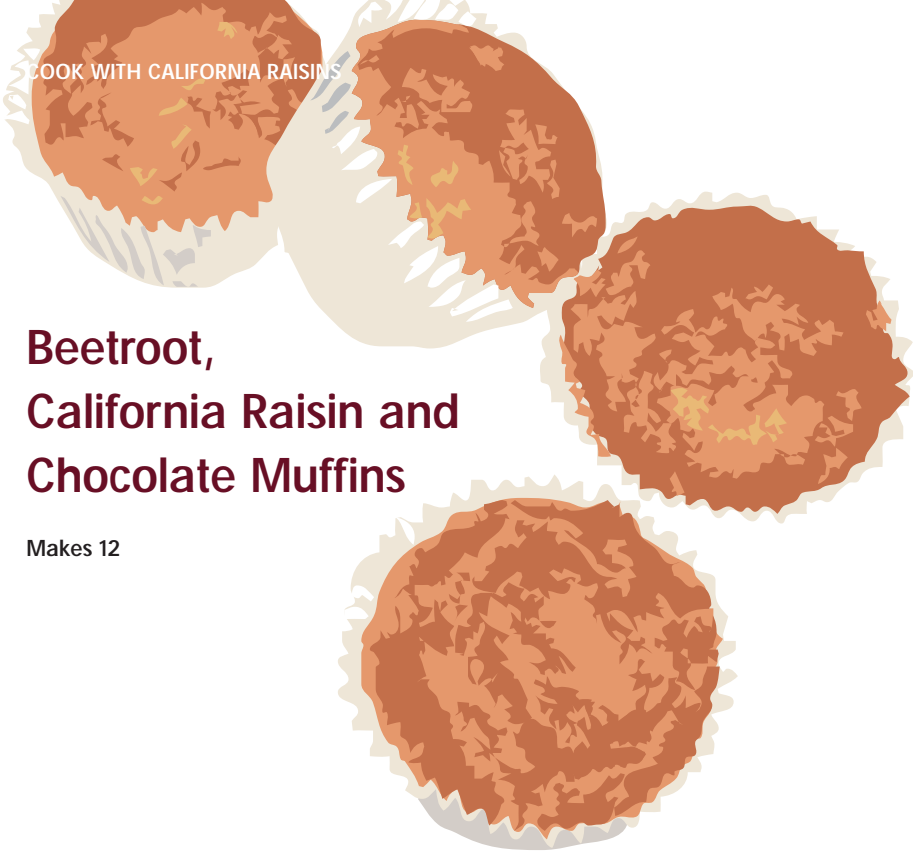
Preheat oven to 350°F/180°C/Fan 160°C/Gas 4.

1. Make the compote and line a 20cm square tin with silver foil.

2. Melt the butter, honey and sugar in a pan over a low heat.
3. Remove the pan from the heat and add the oats, seeds, flour, cinnamon and cranberry and raisin compote. Mix well.
4. Spoon the mixture into the lined tin and bake for about 25–30 minutes until golden.
5. Allow to cool for a few minutes but mark into slices before the energy bars cool completely. Leave in the tin until it is cold.

The addition of the fruit compote makes a soft and chewy energy bar. Fruit compote is a really useful recipe. When cold you can add it to a smoothie, or mix it with yogurt for a quickly prepared pudding.





Beetroot, California Raisin and Chocolate Muffins

Makes 12

These lovely moist muffins are equally good in a lunch box or at teatime.

What to find:

200g self raising flour
75g cocoa powder
225g caster sugar
75g California Raisins
2 eggs
200ml corn oil
250g blended cooked beetroot (4 small beets)

What to do:

Preheat oven to 375°F/190°C/Fan 170°C/Gas 5.

1. Line a 12 mould muffin tray with muffin cases.
2. Sift the flour and cocoa powder into a bowl. Add the sugar and raisins and mix.
3. Break the eggs into a separate bowl and use a fork to whisk in the measured corn oil. Add the beetroot to the beaten eggs and oil and whisk well.
4. Add the beetroot (liquid) mixture to the dry ingredients and mix everything together until it is 'just' mixed.
5. Spoon the mixture into the muffin cases and bake for 20–25 minutes until the muffins are well risen.
6. Remove the muffins from the tin and put on a wire rack to cool.

Granola

This delicious, crunchy breakfast cereal is great for snacking on too.

What to find:

- 25g apricots
- 3 tbsp sunflower oil
- 2 tbsp maple syrup
- 250g rolled oats (jumbo if you can find them)
- 25g sesame seeds
- 50g desiccated coconut
- 25g brown linseeds
- 25g chopped hazelnuts
- 25g broken banana chips
- 75g California Raisins
- 25g cranberries

What to do:

Preheat oven to 275°F/140°C/Fan 120°C/Gas 1

1. Chop the apricots into small pieces.
2. Put the oil and maple syrup in a large frying pan and heat over a low heat. Stir well but do not allow the mixture to boil. Remove the frying pan from the heat.
3. Coat the oats, sesame seeds, coconut, brown linseeds and hazelnuts in the oil and syrup.

4. Thinly layer the mixture onto a large (or two small) baking trays and bake in the oven for 1–1½ hrs until the mixture is dry. Stir the mixture every 30 minutes.

5. When the mixture is cold add the chopped apricots, broken banana chips, raisins and cranberries and mix everything together.

Store the granola in an airtight jar.

Nut allergy alert: leave out the hazelnuts.

Lunch box pudding idea

Layer the granola into a plastic container with fruit compote and/or yogurt.



Fiona Bird



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The recipes in this booklet have been developed for California Raisins by Fiona Bird, a specialist in child nutrition. Fiona is a graduate

of St Andrew's University, mother of six and a past Masterchef finalist who has always had a passion for cooking. Campaigning for healthier diets and for cookery teaching at Primary schools, she writes articles and recipes extensively for several newspapers and magazines, including Green Parent, Scotland on Sunday, and an occasional recipe for The Guardian newspaper comic. She is a member of the Guild of Food Writers, and also develops recipes for Tern TV.

Fiona and Dr Stephen Bird are the founders of Stirrin'Stuff, which works in partnerships to educate children about food. Stirrin'Stuff is committed to sustainable development and ethical best practice.

www.stirrinstuff.org

California Raisin Administrative Committee
78–80 Glenthams Road, Barnes, London SW13 9JJ
Telephone us on +44 (0)20 8741 8513 or email us at
info@ukraisins.com or visit our website www.californiaraisins.co.uk