

Sunsweet Prunes—Stewed

WASH SUNSWEET Prunes, cover with warm water and soak for several hours, over night if possible. Heat slowly in water (in which they were soaked) to simmering point and cook under boiling point until tender. Rapid cooking destroys the flavor and appearance of the fruit. Prunes may be flavored with a small stick of cinnamon or a little lemon or orange peel. Slow cooking develops the natural fruit sugars and little if any sugar is required; if sugar is used, add after prunes are cooked but while still hot; or remove prunes, add sugar to juice and simmer until juice is somewhat thickened. A fireless cooker is excellent for cooking prunes. Soak as directed above; then heat to the boiling point and set in the fireless (without a heated stone) for several hours.