

Fruit & Vege Co-op



Plums

STORAGE	PREPARATION
<ul style="list-style-type: none">- Store plums at room temperature to ripen, check frequently because they are extremely perishable. A ripe fruit will yield when pressed gently.- To speed up the ripening process, place plums in a paper bag and store at room temperature, away from direct sunlight.- Storing ripe plums in a plastic bag in the crisper drawer will prolong their eating life—they should keep for 3 – 5 days.	<ul style="list-style-type: none">- Stone fruit takes well to freezing. First peel the fruit and drop into boiling water for 30 seconds. Then plunge into cool water and remove the skins. Slice open and remove the pits, which can impart bitterness to the fruit during freezing. Place in an airtight container and they will last for up to a year.- Rolling stone fruit in sugar before freezing helps to preserve the shape.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Plums are a delicious and interesting addition to salads: just wash and stone the fruit and then quarter. They can be added to stews and go particularly well with venison.- Stewed with a little sugar and stored in an airtight container in the fridge, stewed plums can be used as a breakfast, dessert, yoghurt topping or eaten by themselves.	<ul style="list-style-type: none">- Plums make a delicious addition to smoothies, the lunch box, picnic bag or the BBQ table. Summer is the best time to enjoy this seasonal New Zealand grown treat.
COOKING	
<p>Plums are most delicious eaten fresh straight from the fruit bowl but can also be stewed to last a bit longer. Plums can also be cooked into chutneys, sauces or jams to enjoy throughout the year. To stew: wash and stone the fruit, place into a pot with 1 cm of water to stop them sticking and add ¼ tsp sugar per plum. Cover and simmer until soft (if the plums are really sweet they do not need any added sugar).</p>	
RECIPE: Plum Sponge Pudding (Serves 6-8)	<i>Adapted from the Edmonds Cookbook</i>
<p>2-3 cups stewed plums 125g butter 125g sugar 125g flour 2 tsp baking powder 1 egg 2 Tbsp milk</p> <ol style="list-style-type: none">1. Preheat the oven to 190°C.2. Half fill pudding or pie-dish with stewed plums.3. Cream the butter and sugar, add egg and milk and beat well.4. Add sifted flour and baking powder, fold until all the flour is wet and pour over fruit.5. Bake for 45 minutes at 190°C (375°F). Sprinkle with icing sugar and serve while hot.	
Variations <ul style="list-style-type: none">- Use half apples and half plums.- Substitute plums with peaches or apricots.- Serve with Greek yoghurt or custard or a drizzle of cream.- Make in lined large muffin tins for individual portions.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

