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We offer this journal to folks who want recipes using unique products. Your name, address and any other information you give us will not be sold or distributed to any other organization. If you have a friend who would enjoy our journal, please let us know and we will add their name to our mailing list. We would love to hear your comments regarding our products or this journal.

Send correspondence to:  
Oregon Fruit Products Co., P.O. Box 5283, Salem, OR 97304  
or call us toll free at 1-800-394-9333,  
email us at [cooking@oregonfruit.com](mailto:cooking@oregonfruit.com)

Check out our on-line cookbook at our new website:  
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## Desert

### FLAMING CHERRIES JUBILEE


Oregon Fruit Products Company

**2 cans OregoN Pitted Dark Sweet Cherries**  
(drained, reserve syrup)

**Water**  
1/4 cup sugar  
3 tablespoons cornstarch  
2 tablespoons lemon juice  
1 teaspoon grated orange peel  
1/2 teaspoon grated lemon peel  
1/2 cup brandy  
Vanilla ice cream

Drain cherries, reserving syrup. Add cold water to reserved syrup to make 2 cups. In chafing dish, mix sugar and cornstarch, blend in reserved cherry syrup and water. Stir in lemon juice, orange peel and lemon peel. Cook, stirring constantly, until thickened. Stir in cherries. Heat brandy until warm; carefully ignite and pour over cherries. Ladle cherries and sauce over individual servings of ice cream.

*Makes 8 to 10 servings*





## Desert

### RASPBERRY TRIFLE

Oregon Fruit Products Company

1 can OregoN Raspberries, undrained  
1 store bought 9-inch Angel Food Cake – cubed  
1 - 6 ounce package instant vanilla pudding mix  
1 cup milk  
1 cup sour cream  
12 ounces Cool Whip

Prepare pudding with the milk and sour cream, beat for 2 minutes. In a 9x13 inch pan, layer half the cake cubes. Pour the raspberries over the cake, then add the rest of the cake cubes. Next layer the pudding mixture over the cake cubes and top with a layer of Cool Whip. Refrigerate for 2-3 hours or overnight.

### WINTER HOLIDAY PUNCH

Barbara Rhatigan – Bethpage, NY

**A delicious refreshment  
for your holiday party!**

**Mix together:**  
1/2 cup sugar  
3/4 cup lemon juice  
2 cups pineapple juice  
1 cup juice drained from  
OregoN Royal Anne Cherries

Store in a large container, chilling until flavors are well blended. In a large punch bowl, combine juice mixture with 1 quart Ginger Ale. Add cherries for décor.  
*This recipe can be doubled.*



Expires December 31, 1999

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## Kids in the Kitchen



Recently we received a letter from Nemari Picazo (pictured center front) of Mrs. Ruth Wilson's Home Economics Class at Bristow Middle School in Brentwood, CA. Nemari asked us to send coupons, recipes and information as part of a class assignment to contact a favorite manufacturer. We were proud and happy to be considered one of Nemari's (and her mom's!) favorites. Erin Johansen, our Sales Manager, responded to Nemari's letter and offered to do a baking demonstration in Mrs. Wilson's class. To our surprise and delight, Mrs. Wilson took us up on our offer and on September 21, 1999, Erin prepared "Two-Cherry Vanilla Pie" for two Home EC classes at Bristow. These seventh and eighth graders were eager, young bakers and a delight to work with. They are a credit to their teacher, their parents and themselves. We discussed not only baking tips but also careers in the food industry and nutritional labeling. The students then got to taste the results. Judging from the fabulous letters we received from the class, the pie was a hit! Many students reported that they successfully made the recipe at home and several more were going to delight their families and friends with their newfound baking expertise during upcoming holiday gatherings. Oregon Fruit Products Company salutes Mrs. Wilson's Home Economics class at Bristow Middle School. Thank you, Mrs. Wilson, for sharing your wonderful students with us!

## FRIENDLY FAMILY FRUIT COOKBOOK OFFER

Please send me \_\_\_\_\_ Friendly Family Fruit Cookbook(s). I understand that each 6x9 cookbook is a binder with a starter set of 20 fabulous recipes from our previous journals. Additional recipes from future issues may be inserted.



For each cookbook I am sending:

- \$5.99 check or money order (includes shipping and handling)
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## DID YOU KNOW THAT . . .

Fresh Blueberries contain antioxidants called anthocyanins, the pigments responsible for the blue color of Blueberries. Antioxidants are important because they appear to be at least partially responsible for lowering the risk of cancer and heart disease. Antioxidants do this by protecting the body's blood vessel walls, making them more resistant to damage caused by oxidation. Antioxidants also seem to have a role in delaying the aging process. Fresh Blueberries contain fifteen different anthocyanins, as well as other antioxidants like vitamin C. Research indicates that adding half a cup of fresh Blueberries to an average daily variety of fruits and vegetables consumed by an individual would essentially double the body's antioxidant activity. Fresh Blueberries are rich in Vitamin C and naturally low in fat, cholesterol and sodium. Fresh Blueberries contain iron, potassium and other important minerals, and are a good source of dietary fiber.

*Information provided by the North American Blueberry Council.  
Research to determine antioxidant levels in processed Blueberries is still ongoing.*



## Desert

### TWO-CHERRY VANILLA PIE

Oregon Fruit Products Company

#### Crust:

- 1 1/4 cup graham cracker crumbs
- 1/4 cup sugar
- 1/3 cup melted butter
- 1/2 cup chopped and toasted almonds

#### Filling:

- 1 package (5.1 oz) Jell-O Instant Vanilla Pudding and Pie Filling
- 2 3/4 cup milk

#### Topping:

- 1 can OregoN Dark Sweet Cherries
- 1 can OregoN Red Tart Pie Cherries
- 2 tablespoons cornstarch
- 1/4 cup sugar

Mix graham cracker crumbs, 1/4 cup sugar, almonds and butter. Press crumb mixture firmly on bottom and up sides of a 9-inch pie plate using the back of a large spoon. Bake at 375° for 6 minutes then cool completely. Make Jell-O Pudding according to pie filling directions on package. Pour into crust and refrigerate. For topping, drain the juice from each can of cherries reserving the Dark Sweet Cherry juice. In a medium saucepan, combine the reserved juice with cornstarch and 1/4 cup sugar whisking together. Heat and stir to boiling until thickened and clear, continue whisking occasionally. Remove from heat and gently mix in both cherries. Cool completely and top pie with cherries, leaving an inch of filling exposed around edges.



*\*If short on time a ready-made 9-inch graham cracker crust may be used.*



## Desert

### FRESH BLUEBERRY-ORANGE PIE

Northwest Blueberries – Corvallis, OR

- 2 cans OregoN Blueberries (drained)
- 3/4 cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons orange juice concentrate
- 1/2 cup orange juice

Orange pastry crust or single crust for 9" pie, baked

Stir together sugar and cornstarch in heavy-bottomed 3-quart saucepan. Stir in orange juice concentrate, orange juice and 1 can OregoN Blueberries, drained. Cook and stir over medium-high heat until mixture is thickened, translucent and just come to a boil – 7 to 10 minutes. Remove from heat and gently fold in remaining can of drained blueberries. Mound filling into baked pastry shell. Refrigerate at least one hour before serving. Can be made one day ahead.

#### ORANGE PASTRY CRUST

- 1 1/4 cups all-purpose flour
- 1 teaspoon finely grated orange zest
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 cup butter-flavored shortening
- 1 tablespoon orange juice
- 2 tablespoons cold water

Combine first four ingredients in a mixing bowl and stir to blend. Using pastry blender or two knives, cut shortening into flour mixture until all resembles coarse meal. Combine orange juice with cold water. Add juice/water by tablespoons mixing gently with a fork just until dough begins to hold together in clumps. If necessary, extra tablespoon water may be added. Gather dough and shape into a ball.

Pre-heat oven to 375°. On lightly floured wax paper, with lightly floured rolling pin, roll dough to about 1/8" thick, in big enough circle to overhang pie plate by about 1 1/2". (A good measure is turning pie plate upside down onto pastry.) Ease into pie plate, being careful not to stretch dough. Prick bottom and sides. Bake for 15 minutes or until golden brown. Cool on wire rack.

