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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.

Recipe winners consent to have their photo and recipe published in the *Friendly Family Fruit Journal*. Entries become the property of Oregon Fruit Products Co. Photos will not be returned.

Send correspondence to:
Oregon Fruit Products Co., P.O. Box 5283, Salem, OR 97304
or call us toll free at 1-800-394-9333,
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Check out our on-line cookbook at our new website:
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FRIENDLY FAMILY FRUIT



OREGON FRUIT PRODUCTS CO.

Journal

SPRING EDITION 2000



Entrée

RASPBERRY GLAZED RACK OF LAMB

The American Lamb Council

1 can OregoN Raspberries, drained, reserve syrup
1 tablespoon honey
1 tablespoon Grenadine syrup
1/4 teaspoon ground ginger
1 tablespoon cornstarch
1/4 cup water

1 Rack of American Lamb for two (1 to 1 1/2 pounds)

Drain the raspberries and put the syrup in a saucepan. Chop enough raspberries to make 1/3 cup and add to saucepan: reserve remaining raspberries. Add honey, grenadine, and ginger. Cook mixture until heated, stirring occasionally.

Dissolve cornstarch in water; slowly add to raspberry mixture, stirring constantly until mixture thickens. Remove from heat.

Place lamb on a rack in a shallow roasting pan. Bake at 350° for 24-26 minutes per pound, or until meat thermometer registers 150° for medium.

Baste the lamb with raspberry sauce every 10 minutes of baking time. When the lamb is done, stir raspberries into remaining raspberry sauce, heat and serve with lamb.



Desert

CHOCOLATE COVERED CHERRY TRUFFLE COOKIES

Oregon Fruit Products Company

3 beaten eggs
1 1/2 cups sugar
4 squares (4 ounces) unsweetened chocolate, melted
1/2 cup cooking oil
2 teaspoons baking powder
2 teaspoons vanilla
2 cups all-purpose flour
1 can OregoN Dark Sweet Bing Cherries,
well drained, discard syrup
Optional: sifted powdered sugar
2 ounces melted semi-sweet chocolate

In a mixing bowl combine beaten eggs, sugar, melted unsweetened chocolate, cooking oil, baking powder, and vanilla. Gradually add flour to chocolate mixture, stirring until thoroughly combined. Cover and chill for 1 to 2 hours or until easy to handle.

Preheat oven to 375°.

Shape dough into 1-1/2 inch balls and flatten with your hands. Insert a cherry into each flattened disk, wrap dough around cherry and roll smooth. If desired roll in powdered sugar to coat generously. Place 1 inch apart on an ungreased cookie sheet and bake for 10 minutes or until edges are set and tops are crackled. Cool cookies on a wire rack. Finish cookies that have not been rolled in powdered sugar by drizzling melted semi-sweet chocolate in a truffle pattern.

Makes approximately
3 dozen cookies.



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Kids in the Kitchen



Oregon Fruit Products salutes Brady Briggs, 11 years old, for his 1st prize entry in the Oregon State Fair, for his Oregon Strawberry Shortcake Muffins. Children 15 years old and younger competed in a recipe contest sponsored by Oregon Fruit Products Company.

Brady was awarded a CD/tape player and radio for his efforts. Brady is quite efficient in the kitchen since diagnosed with diabetes. He has learned to read product labels and nutrition facts as part of managing his diabetes. Congratulations Brady!



Photo courtesy: Roy Ackley

DID YOU KNOW THAT . . .


Natural Painkillers and Strong Antioxidants are Found in Tart Cherries?

The cherry industry is continuing research efforts to unlock the health secrets of tart cherries. Researchers at Michigan State University in East Lansing, Michigan, have discovered that compounds in tart cherries have many health benefits. Tart cherries are an excellent source of compounds with antioxidant and anti-inflammatory properties. These compounds may be beneficial in protecting against cancer, heart disease and other illnesses and may help relieve the pain of gout and/or arthritis.

Here is the latest research information on the health benefits of tart cherries:

- The same chemicals that give tart cherries their color may relieve pain better than aspirin and ibuprofen.
- Cherries may provide antioxidant protection comparable to commercially available supplements, such as vitamin E and vitamin C.
- Eating about 20 tart cherries per day could reduce inflammatory pain and benefit the consumer with antioxidant protection.
- Twenty tart cherries contain 12 to 25 milligrams of active antioxidant compounds.
- If eating a bowl of cherries isn't always practical, a cherry pill, made from tart cherries, may be available in the future.

Part of the funding for the research on the health benefits of tart cherries was provided by the Cherry Marketing Institute. Research projects on the health benefits of cherries at MSU and other universities is ongoing.



Desert

OREGON STRAWBERRY SHORTCAKE MUFFINS

Brady Briggs – Keizer, OR

1 can Oregon Strawberries, or any Oregon brand fruit, drained, reserve syrup

1 4-serving-size box instant vanilla pudding

1 1.3 ounce package Dream Whip whipped topping

2 cups all-purpose flour

1/2 teaspoon salt

1/3 cup granulated sugar

3 teaspoons baking powder

1/2 cup milk

1/2 cup vegetable oil

1/2 teaspoon vanilla


1 egg

Preheat oven to 400°. Place paper liners in 12 muffin tin holders. Drain strawberries, reserving the syrup. Mash the strawberries and set aside. In a separate bowl, add the instant pudding, Dream Whip, flour, salt, sugar and baking powder. Mix with a spoon until well blended.

In a large mixing bowl, add the milk, oil, vanilla, egg and 3/4 cup of the reserved syrup. Beat until well blended. Mix in pudding mixture with a spoon, just until the flour is moistened. Add half of the mashed strawberries and fold in carefully. Do not over mix.

Fill the muffin cups half full with the batter; add a spoonful of the remaining strawberries. Top with additional batter until muffin cups are two-thirds full. Bake 20 to 25 minutes or until golden brown on top. Remove muffins from pan right away and let cool on a wire rack.

Makes 12 muffins.



Entree

CHERRY-GLAZED CHICKEN

Cherry Marketing Institute

Yellow mustard is the secret ingredient in this recipe.

1 (2 1/2 to 3-pound) broiler-fryer chicken, cut up (or 6 chicken breast halves, skinned and boned)

1/2 cup milk

1/2 cup all-purpose flour

1 teaspoon dried thyme

Salt and pepper, to taste


1 to 2 tablespoons vegetable oil

1 can Oregon Red Tart Cherries, drained, reserve juice

1/4 cup brown sugar

1/4 cup granulated sugar

1 teaspoon prepared yellow mustard



Rinse chicken; pat dry with paper towels. Pour milk into a shallow container. In another container, combine flour, thyme, salt and pepper. Dip chicken first in milk, then in flour mixture; coat evenly.

Heat oil in a large skillet. Add chicken; brown on all sides. Put chicken in a 13x9x2-inch baking dish. Bake, covered with aluminum foil, in a preheated 350° oven 30 minutes.

Meanwhile, drain cherries, reserving 1/2 cup juice. In a saucepan, combine cherries, reserved cherry juice, brown sugar and granulated sugar; mix well. Bring mixture to a boil over medium heat. Add mustard; mix well. Cook 5 minutes, or until slightly thickened.

After chicken has cooked 30 minutes, remove baking dish from oven. Carefully remove foil cover; spoon hot cherry mixture evenly over chicken. Bake, uncovered, 15 minutes, or until chicken is done. Serve immediately.