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Mabel Doremus

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DRIED FRUIT--A PRIZE PACKAGE



COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.
 UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE, AND THE UNITED
 STATES DEPARTMENT OF AGRICULTURE COOPERATING, H. G. GOULD, ASSOCIATE
 DIRECTOR, LINCOLN.

Dried Fruit -- A Prize Package
Mabel Doremus

FOOD VALUE

All the world loves a bargain, and most dried fruits can indeed be considered good food buys. In minerals, they outshine fresh fruits and they furnish vitamin A, thiamin (B₁), and riboflavin (B₂). A little lemon juice squeezed over a dish of dried fruits will make them really "tops." They are short in vitamin C which makes fresh fruits so valuable to our diet, and the lemon juice supplies it. Vitamins of dried fruits may be retained by careful drying. Sulphuring, a part of the drying process for light-colored fruits, even retains some vitamin C, but destroys some thiamin. The yellow fruits contain more vitamin A when dried.

Commercial methods of drying include (1) sun drying, (2) dehydration by artificial heat under well controlled conditions of humidity, temperature and air circulation, and (3) evaporation. In evaporation, water is removed by artificial heat, but conditions are not so well controlled as in dehydration. Some fruits are sulphured to prevent darkening, and the sulphur also acts as an insecticide. Prunes are either steamed or subjected to a lye treatment to puncture the skin and make it thinner.

Dried fruits have much higher caloric value per pound than do the same fruits when fresh. This is to be expected since drying is simply a process of water removal. The amount of water removed during drying of different foods varies. Dried apricots and prunes have about 65 per cent of the water removed and dates, raisins, figs, pears and peaches have 80 to 85 per cent.

Because dried fruits keep well and require little storage space they are convenient purchases for storage. They do not keep indefinitely, however, so it is wise to purchase only what can be used before spoilage or deterioration occurs.

PREPARATION AND COOKING

Dried fruits can be prepared in a variety of tempting, easy-to-make ways, and they will give your meals the air of festivity that families welcome. They need not put a dent in your time or budget, and they will keep your meals exciting and good.

Dried fruits add flavor and sweetness to cereals as a breakfast food, a supper dish or a pudding. They give new taste and more food value when scalloped with meat and vegetables. Increasing in popularity is the use of dried fruit in stuffing to dress up the cheapest cuts of meat. Dried fruits transform plain bread, muffins, cakes or cookies into something "extra special," and they also make wholesome candy. There seems to be something magical in the way clever cooks can take dry, wrinkled fruits and transform them into appetizing hot dishes or tempting desserts.

The modern dried fruits are usually cooked without soaking. In a few cases dried fruits may require some soaking--perhaps for an hour or more. By the quick method the dried fruit is washed, covered with water, and then cooked over low heat in a tightly covered saucepan until tender. If desired, sugar may be added during the last five minutes of cooking.

FRUIT	NUMBER OF SERVINGS	COOKING TIME IN COVERED SAUCEPAN (Minutes)	SUGAR - ADD IF DESIRED WHEN ALMOST TENDER
1 pound prunes (2 3/4 cups)	11	45 - 60 (New pas- teurized prunes re- quire only 10 to 20 minutes cooking.)	2 Tb. per cup of uncooked prunes
1 pound apricots (3 to 3 3/4 c.)	10	30 to 40	1/4 to 1/2 c. per cup un- cooked fruit
1 pound peaches (3 2/3 c.)	11	40 to 50	1/4 c. per cup uncooked fruit
1 pound figs	12	20 to 30	1 Tb. per cup uncooked fruit
1 pound pears (2 2/3 c.)	9	25 to 30	1/4 c. per cup uncooked fruit
1 pound apples (6 c.)	25	40	1/4 c. per cup uncooked fruit
1 pound raisins (3 to 3 1/4 c.)	9	10	1/2 Tb. per cup uncooked fruit

FOR APPLE APPETITES

Dried apples are usually sold in rings which are slices from apples that have been peeled and cored. Some dried apples are coarsely ground and packed in cellophane bags for use in making applesauce. Dried apples do not always require soaking before cooking. They may be cooked in boiling water (about 1 cup to 4 cups of dried apples) for 15 minutes, or until tender. A little sugar may be added if desired. If the apples are unusually hard or dry, they may be soaked for about an hour in water to barely cover them. Fruit should be cooked in the water remaining from soaking in order that none of the food value is lost.



Applesauce

Soak 4 cups of dried apples in boiling water to barely cover. Cook until soft in the water in which soaked. Mash and stir until smooth. Sweeten to taste and add a little salt. Variations may include a little spice or some chopped raisins.

Apple and Cabbage Salad

2 cups dried apples
5 cups shredded cabbage

Salad dressing

Soak the apples in a small quantity of hot water, then cook in the water in which soaked, until just tender. Drain and cut into small pieces and mix with the cabbage. Mix some thick salad dressing with the drained apple liquid and pour over the apples and cabbage. Mix well and serve.

APRICOT APPEAL

Practically all dried apricots on the market are in unpeeled form. A small amount of fancy, large apricots are peeled before drying. They usually cost more than unpeeled apricots.



Apricot Date Bread

- | | |
|----------------------------------|------------------------------------|
| 3/4 cup milk | 2 teaspoons baking powder |
| 1 egg, beaten | 1/4 teaspoon baking soda |
| 1 tablespoon grated orange rind | 1/2 teaspoon salt |
| 1 tablespoon melted shortening | 1/2 cup granulated sugar |
| 1 cup sifted all-purpose flour | 1/2 cup unsifted whole-wheat flour |
| 1/2 cup finely cut, pitted dates | 1/2 cup finely cut, dried apricots |

Combine milk, beaten egg, orange rind, and shortening. Sift together the all-purpose flour, baking powder, baking soda, salt and sugar; stir into first mixture. Stir in the whole-wheat flour and dried fruits combined, and mix thoroughly. Pour into a well greased or oiled loaf pan about 9" x 5" x 3", and bake in a moderately hot oven (375° F.) for 50 minutes or until done.

Apricot Cheese Tart

(Topping)

- | | |
|------------------------------------|---|
| 2 1/4 cups dried apricots | 1 teaspoon cinnamon |
| 2 cups packaged biscuit mix | 1/4 teaspoon nutmeg |
| 1/4 teaspoon nutmeg | 2 tablespoons granulated sugar |
| 2 teaspoons grated lemon rind | 2 tablespoons butter or fortified margarine |
| 1 cup milk | |
| 2 three-ounce package cream cheese | |

Cook apricots; then sweeten, following package directions. Drain. Place biscuit mix, nutmeg, and lemon rind in bowl. With fork, stir in 2/3 cup milk. Spread in greased 12" x 8" x 2" baking pan. Mash cheese with fork; gradually add 1/3 cup milk, stirring until smooth. Spread cheese over dough. Arrange apricots in parallel rows on top. Combine cinnamon, nutmeg, and sugar; sprinkle over apricots. Dot with butter. Bake in moderately hot oven (400° F.) 40 to 45 minutes, or until crust is golden. Makes 6 servings.

Fresh Fruit with Stuffed Apricots

Allow 2 or 3 apricots or prunes stuffed with Roquefort spread for each serving. Arrange on each plate with a combination of two or more fresh fruits, one of which should be citrus; or place each stuffed apricot or prune on a slice of orange, allowing 3 apricots or prunes for each serving.

Roquefort Spread

Blend together $\frac{1}{3}$ cup softened Roquefort or blue cheese, $\frac{1}{4}$ cup softened cream cheese and 2 tablespoons mayonnaise; add $\frac{1}{2}$ to 1 teaspoon Worcestershire or A-1 sauce.

COOKING WITH CURRANTS

Currants are the dried seedless fruit of a species of grapevine, and are smaller, darker and more tart than seedless raisins. Some currants are imported from Greece, but some are grown in California. Currants are good in all the recipes in which you might use raisins.

Highland Currant Scones

2 cups sifted all-purpose flour	$\frac{1}{3}$ cup shortening
2 teaspoons baking powder	$\frac{1}{2}$ cup dried currants
$\frac{1}{2}$ teaspoon salt	2 eggs, slightly beaten
2 tablespoons sugar	$\frac{1}{2}$ cup milk

Milk and sugar for tops of scones

Sift flour, baking powder, salt, and sugar together. Cut in shortening until mixture is about the texture of coarse corn meal. Stir in the currants. Combine eggs and milk. Add to dry mixture, stirring with a fork only until dry ingredients are moistened. Turn onto lightly floured board. Knead lightly about one-half minute. Roll dough in a rectangle about one-third inch thick. Cut in four-inch squares. Cut each square diagonally to make triangles. Place on greased baking sheet. Brush with milk and sprinkle lightly with sugar. Bake at 425° F. (hot oven) 12 to 15 minutes.

Yellow Cup Cakes with Nuts, Raisins or Currants

1 cup sugar	1 cup raisins or 1 cup currants, washed and dried
1/3 to 1/2 cup butter	2 teaspoons tartrate or phosphate baking powder or 1 1/2 teaspoons combination type
2 eggs	1 teaspoon vanilla
1 3/4 cups cake flour	1/2 teaspoon almond extract or
1 cup broken nut meats	1/4 teaspoon grated lemon rind (optional)
1/8 teaspoon salt	
1/2 cup milk	

Sift the sugar. Beat the butter until soft. Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in the eggs, one at a time. Sift the flour before measuring. Sift a little of the flour over the nut meats and currants. Resift the remainder of the flour with the baking powder and salt. Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of milk. Beat the batter after each addition until it is smooth. Add the vanilla and almond extract. Fold in the nuts and fruit. Bake the cakes in greased pans in a moderate oven (350° F.) for about 25 minutes.

English Currant Cake

1 cup sugar	1 teaspoon freshly grated nutmeg*
1 cup butter	1 pound currants (3 cups), washed and dried
4 egg yolks	4 egg whites
2 1/2 cups bread flour	1/4 teaspoon salt
1 teaspoon any baking powder	

Sift the sugar. Beat the butter until soft. Add the sugar gradually. Blend these ingredients until they are creamy. Beat in one egg at a time. Sift the flour before measuring. Resift the flour with the baking powder and nutmeg. Stir the sifted ingredients slowly into the batter. Stir in the currants. Whip the egg whites until stiff but not dry. Fold them lightly into the batter. Bake the cake in a greased 9-inch tube pan in a moderate oven (350° F.) for about 1 hour. (*The nutmeg may be omitted and 2 teaspoons grated lemon or orange rind or 1 teaspoon vanilla and 1/2 teaspoon almond extract may be substituted.)

DATE DATA

Dates fall into two general types (1) light brown dates called Persian and those called Hollows, with mild, soft flesh, and (2) dark dates known as Ford's with a hard, strong-flavored flesh, but not so sweet as the light brown ones.

Date and Cheese Bread

3/4 cup boiling water	1 teaspoon soda
1/2 pound dates, cut fine	1/2 cup sugar
1 3/4 cups flour	1 beaten egg
1/4 teaspoon salt	1 cup grated American cheese
3/4 cup chopped nut meats	

Pour boiling water over dates and let stand 5 minutes. Sift flour with salt, soda, and sugar. Add date mixture, egg, cheese, and nut meats; mix well. Bake in greased, 1-pound, loaf pan in moderate oven (350° F.) about 50 minutes.

Date Cornflake Drop Cookies

2 eggs	2/3 cup chopped nut meats
1/3 cup sugar	2/3 cup chopped dates or raisins
1 2/3 cups crushed cornflakes	A pinch of salt
1/2 teaspoon vanilla	

Beat the eggs. Add the sugar gradually. When well blended stir in the cornflakes, nut meats and raisins, a pinch of salt and the vanilla. Permit these ingredients to stand for 30 minutes. Drop them on a greased cooky sheet. Bake them in a moderate oven (350° F.) for about 10 minutes.

Date Torte Pudding

1/4 cup flour	2 eggs, well beaten
1/2 teaspoon baking powder	1/2 teaspoon vanilla
1/8 teaspoon salt	1 1/2 cups chopped dates
3/4 cup sugar	1 1/2 cups broken walnut meats

Mix and sift flour, baking powder and salt. Beat sugar into eggs; add vanilla and stir in date and nut mixture; then add flour mixture. Turn into greased shallow glass baking pan; bake in slow oven (325° F.) for 50 to 60 minutes, or until mixture springs back when pressed with finger. Serve cold in same dish, topped with whipped cream; or serve in squares on individual plates and top with cream. Dry bread crumbs may be substituted for flour in equal amount. Yield: 6 to 8 portions.

FINE FIGS

There are several forms in which figs may be bought on the market such as by the bulk, pressed figs usually sold in bricks, and "pulled" figs which are high-grade meaty figs, put up in boxes. The two chief kinds of figs are white figs (Smyrna and Adriatic) and black figs (Mission).

Fig Muffins

1 cup dried figs	4 teaspoons baking powder
3 cups sifted all-purpose flour	5 tablespoons shortening
1 teaspoon salt	1 1/4 cups milk
2 tablespoons granulated sugar	1 egg

Pour boiling water over figs, cover and let stand 10 minutes; drain, clip stems and cut figs into small pieces. Sift flour, salt, sugar and baking powder together. Work shortening into flour mixture. Combine milk and beaten egg and beat into dry mixture; add figs and stir to blend. Fill greased muffin pans about three-fourths full. Bake in a hot oven (450° F.) about 20 minutes. Makes about 15 medium-sized muffins.

Fig Pudding

1/2 cup shortening	1 teaspoon vanilla
3/4 cup sugar	1 cup flour
1 egg	2 teaspoons baking powder
1/4 cup all-bran	1/2 teaspoon salt
2/3 cup milk	12 figs (dried stewed)

Blend shortening and sugar well; add egg and beat until light and fluffy. Soak bran in milk; add flavoring. Sift flour, baking powder and salt together and add to first mixture alternately with all-bran and milk. Put one drained fig in bottom of each greased muffin pan and fill two-thirds full of batter. Bake in moderate oven (375° F.) about 25 minutes. Serve hot with Fig Sauce. Serves 12.

Fig Sauce

Gradually combine 1 cup fig syrup with 1 tablespoon cornstarch, stirring until smooth. Add pinch of salt and cook until thick and clear. Stir in 2 tablespoons lemon juice and serve hot with pudding.

Fig, Orange and Cheese Salad

- 1/2 cup dried figs or dates, cut small
- 2 cups diced oranges, well drained
- 3/4 to 1 cup cottage cheese
- Lettuce or other greens
- Mayonnaise or salad dressing
- Chopped nuts (optional)

Combine figs, oranges and cottage cheese. Mix very lightly. Serve on lettuce or other greens with mayonnaise or salad dressing. If desired, sprinkle with chopped nuts. Six servings.

PREPARING PEACHES

Dried peaches are sold both peeled and unpeeled. Use them about the same way you use prunes - as sauce, in sandwiches, salads and desserts.



Peach Strips

1 cup dried peaches

Granulated sugar

Rinse peaches, steam about 15 minutes over hot water and remove skins. Press between folds of towel to flatten and remove excess moisture. Slice in very thin strips and roll in granulated sugar.

Peach Upside-Down Cake

(Fruit Mixture)

1/4 cup butter or fortified
margarine

1/2 cup brown sugar

1/2 cup granulated sugar

Stewed peach halves

1/2 cup California
walnut halves

Melt butter in 9-inch square pan. Add sugar; heat slightly and blend. Arrange stewed peach halves, cut side up, and the nuts in pan.



(Batter)

1/2 cup shortening	2 cups cake flour
1 cup sugar	1/2 teaspoon salt
2 well-beaten eggs	2 1/2 teaspoons baking powder
1 teaspoon grated orange rind	3/4 cup milk

Thoroughly cream shortening and sugar. Add eggs and orange rind, beat well. Add sifted dry ingredients alternately with milk. Pour batter over peaches. Bake in moderately hot oven (375° F.) for 30 minutes. Let stand 2 or 3 minutes; invert on plate. Serves 8.

PROMOTING PEARS

Pears are given a heavy sulfuring during the drying process to prevent darkening. Dried pears taste best in puddings, although they may be put into salads too.

Dried Pear, Carrot and Cabbage Salad

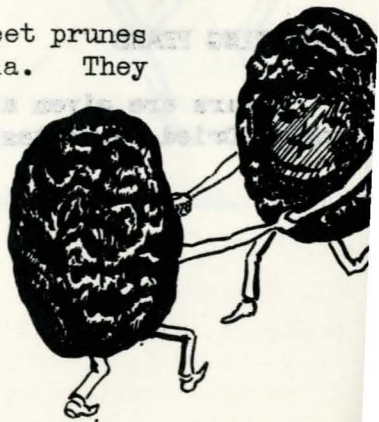
1 cup dried pears	3 cups shredded cabbage
Water to barely cover	Salt
1 1/3 cups shredded carrots	2/3 cup salad dressing
1/2 cup pecans, chopped	

Wash the pears thoroughly and soak over night in water to barely cover. Drain if necessary and cut into uniform pieces. Combine pears, carrots, and cabbage. Sprinkle with a little salt and mix lightly with the salad dressing. Add chopped pecans.

IN PRAISE OF PRUNES

There are two types of prunes, sweet and tart. The sweet prunes are known as the French prunes and are grown in California. They require very little, if any sugar. The Oregon or tart prune usually sells for a lower price than the sweet prune.

Tests have proved that there is much more meat for the money in a pound of small prunes than there is in a pound of large ones.



Prune Bread

1 cup dried, uncooked prunes	2 tablespoons granulated sugar
3 cups sifted all-purpose flour	4 tablespoons shortening
4 teaspoons baking powder	2 tablespoons grated orange rind
1/2 teaspoon baking soda	2 eggs, beaten
1 1/2 teaspoons salt	1 cup milk

Rinse prunes, grain and dry on paper toweling. If prunes are very dry, boil 5 minutes. Remove pits and put prunes through food chopper, using medium blade. Sift together flour, baking powder, baking soda, salt and sugar. Cut in shortening with two knives or a pastry blender until of the consistency of coarse corn meal. Add prunes and orange rind and stir well. Combine eggs and milk, and add to dry ingredients; mix well. Pour into greased or oiled loaf pan about 10" x 5" x 3" and bake in a moderate oven (350° F.) for 1 hour, or until done.

Prune Nut Cookies

1 cup cooked prunes	1 teaspoon soda
1 cup butter	1/2 teaspoon salt
2 cups sugar	1 teaspoon allspice
3 eggs	3/4 cup chopped nut meats
3 cups sifted all-purpose flour	Cooked prunes for tops

Cut 1 cup prunes from pits in small pieces. Cream butter, add sugar and cream thoroughly. Add well-beaten eggs, and mix. Add prunes and nuts, and blend. Add flour sifted with soda, salt and spice, and beat. Drop by small spoonfuls about 2 inches apart onto ungreased cookie sheet. Top each cookie with a quarter of a cooked prune. Bake in moderately hot oven (400° F.) for 12 to 14 minutes. Makes about 5 dozen.

Stuffed Prune and Pineapple Salad

12 large stewed prunes	6 slices pineapple
$\frac{3}{4}$ to 1 cup cottage cheese	Lettuce or other greens
Mayonnaise or French Dressing	

Remove the pits and stuff prunes with the cottage cheese. Cut slices of pineapple in half and arrange on lettuce or other greens. Place the stuffed prunes on the pineapple slices. Serve with mayonnaise or French dressing. Six servings.

Norwegian Prune and Walnut Pudding

1 cup prune pulp	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ cup prune juice	4 tablespoons cornstarch
1 cup boiling water	$\frac{1}{3}$ cup cold water
$\frac{3}{4}$ cup brown sugar, light	1 tablespoon lemon juice
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup chopped walnuts

Add prune pulp to prune juice and boiling water. Combine sugar, salt and cinnamon and add to prunes; bring to boiling point. Mix cornstarch with cold water until smooth; add to prune mixture, stirring constantly. Continue to stir and cook until thickened; place over boiling water and allow to cook 10 minutes longer. Remove; add lemon juice and walnuts. Pile into sherbet glasses or mold; chill thoroughly. Makes 6 to 8 servings.

Prune Pie

1 baked pie shell	3 egg whites
3/4 cup prune pulp (put through a ricer)	1/8 teaspoon salt
1/2 teaspoon grated lemon rind	1/2 cup sugar (omit if fruit is sweetened)
1 tablespoon lemon juice	
1/2 cup sugar	

Combine prune pulp, grated lemon rind, lemon juice, and 1/2 cup sugar. Beat egg whites and salt until stiff, then beat in the other 1/2 cup sugar, slowly. Fold the egg whites into the fruit mixture. Fill the pie shell. Bake the pie in a slow oven (325° F.) for about 20 minutes or until it is set.

RAISIN REASONS

There are two main varieties of raisins, the large muscat raisins usually sold with the seed removed, and the small seedless raisins. Both varieties are useful in a dozen different ways.

Fruited Oatmeal Cookies

3/4 cup shortening	1/2 teaspoon salt
2 cups brown sugar	2 cups rolled oats
2 eggs, beaten	1 teaspoon cinnamon
1 1/2 cups flour	1 tablespoon vinegar
2 teaspoons baking powder	1/2 cup raisins
1/2 cup nuts (pecans)	

Cream the shortening with the brown sugar; add the eggs. Stir in the flour, sifted with the baking powder and salt. Add the rolled oats and cinnamon, moistening with a tablespoon of vinegar. (Lemon juice may be substituted for this.) Add the raisins and nuts, drop by spoonfuls on a greased baking sheet and bake 10 minutes (400° F.).

Raisin Corn Meal Muffins

3/4 cup raisins	4 tablespoons brown sugar
1 1/2 cups sifted flour	1 cup sour milk
2 cups yellow corn meal	1 teaspoon soda
3 teaspoons baking powder	2 eggs
1 teaspoon salt	1/4 cup melted shortening

Rinse raisins in hot water and drain. If the large raisins are used, slice in two. Sift together flour, corn meal, baking powder and salt. Add brown sugar and stir to blend. Add milk in which soda has been dissolved, and beat. Add beaten eggs and stir. Add shortening and raisins, and beat. Bake in greased muffin pans in hot oven (450° F.) 18 to 20 minutes. Makes 16 to 18 medium sized muffins.

Raisin Biscuit Ring

1 cup raisins (seedless)	1/4 cup shortening
2 cups sifted all-purpose flour	3/4 cup milk
4 teaspoons baking powder	1/2 teaspoon nutmeg
1 teaspoon salt	1/4 teaspoon cinnamon
1 tablespoon sugar	1/4 cup sugar

Soak raisins in water for 10 minutes and drain. Sift together flour, baking powder, salt and 1 tablespoon sugar. Cut in shortening. Add milk gradually and mix to a firm dough. Toss lightly on a floured board and roll in rectangular shape to 1/8 inch thickness. Mix raisins, nutmeg, cinnamon and sugar. Spread over dough. Roll as for jelly roll into a long roll. Trim if necessary and join ends to form a ring. Place on greased cookie sheet. With a large pair of scissors cut toward the center of the ring, but not quite to the center, to form slices 3/4 inch wide. Spread slices to overlap each other slightly. Bake in a hot oven (400° F.) for 25 minutes. Serves 8.

MIXED FRUIT MEDLEY

Dried Fruit Hors D'oeuvres

- | | |
|---|--|
| 2 dozen dried figs or prunes,
apricot, peach, pear, or
nectarine halves | 4 tablespoons mayonnaise
or cream |
| 2 three-ounce packages
cream cheese | 1/2 teaspoon prepared mustard
1/4 teaspoon garlic, onion, celery
or table salt |

Rinse fruits in warm water and steam about 15 minutes over hot water. Cut prunes down one side, remove pits, and flatten slightly or cut in half. Clip stems from figs and "cup" or cut in half. Rub skins from peaches and nectarines. Clip cores from pears. Slice pears and peaches in two.

Combine cheese with mayonnaise and seasoning and blend smooth. Fill pastry gun or paper cone and decorate tops of fruits. Sprinkle with paprika or chopped nuts; or garnish with red radish rounds, thinly sliced celery, sliced pickle, sliced olives or cucumber slices.

Dried Fruit for Dessert

- (1) Cooked dried apricots, sweetened, served with shredded coconut on top.
- (2) Apricots with frozen or canned pineapple chunks or fresh diced pineapple.
- (3) Prunes served with lemon custard sauce. (1 teaspoon grated lemon rind to each cup of custard.)
- (4) Prunes cooked with 3 or 4 whole cloves or powdered cloves sprinkled on top.
- (5) Prunes or apricots served with orange sections and juice for dessert.

Dried Fruit Sweetmeat Tray

Prepare the following:

Fig filled prunes

Apricot marshmallow sandwiches with a cherry topknot.

Stuffed dates

Fans of candied pineapple

Place a small dish of plain steamed fruits in center of large plate. Arrange around small dish concentric circles of grouped fruits described above.

Dried Fruit Pudding

(Fruit Topping)

2 tablespoons butter
1/2 cup brown sugar
1/4 cup orange marmalade
1 cup dried apricots
12 prunes
2 cups water

(Batter)

1/4 cup shortening
1/2 cup sugar
1 beaten egg
1/4 cup milk
1 teaspoon lemon juice
1 cup flour
1/4 teaspoon salt
1 teaspoon baking powder

Melt butter; add brown sugar and dash of salt; stir until sugar dissolves. Add orange marmalade. Pour into greased 8-inch square pan. Cook apricots and prunes in water 10 minutes. Drain; arrange over mixture in diagonal rows. Spread with batter. Thoroughly cream shortening and sugar; add egg, milk, and lemon juice alternately with sifted dry ingredients. Bake in moderate oven (350° F.) 35 minutes. Turn upside down on platter; serve with hard sauce.