Reigning Great British Bake Off Queen Frances Quinn Produces Another Brand New Recipe For The California Prune Board In Time For Biscuit Week

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The BBC's most recent Great British Bake Off Winner Frances Quinn has created her second exclusive new recipe for the California Prune Board, encompassing her signature flare for imaginative and attractive bakes.

After achieving success and national recognition from the hit BBC TV programme 'The Great British Bake Off', Frances was attracted to California Prunes when she sampled them while demonstrating at the BBC Good Food Show at the NEC in November.

Frances' California Prune Pout Dodger is a perfect bake for a loved one or even as a little self-indulgent treat as each one is sealed with a prune pout kiss. Frances took her inspiration for The California Prune Pout Dodger from Britain's best-loved biscuit, the Jammie Dodger, and added the prune pout kiss as an extra special touch.

The California Prune Board take their signature prune pout poses to roadshows and events, encouraging celebrities and consumers to take part in a seductive prune pout as it is impossible to say 'prune' without producing a bee sting pout that would make Hollywood's finest green with envy.

The versatility and flavour of California Prunes inspired Frances to create inventive and original recipes. The California Prune Pout Dodgers - which are perfect for families to make together, are also a great way to encourage youngsters to eat fruit as well as teaching them how to bake in a fun and creative way.

Frances says “Whether pouting or smiling these biscuits will leave you with something to both snack on and smile about. Because California Prunes are naturally sweet, the prune puree filling contains no added sugar,” So this makes for a healthier recipe than a biscuit filled with jam. “California Prunes are naturally very sweet which means that you can substitute sugar for prunes in baking or mix both together for a healthier recipe. Also, I was interested to discover that just three prunes count as one of your five a day.”

Frances also has a naughty but nice tip for those grown up bakers wanting an extra treat, “If making adult friendly prune dodgers you can give the filling an alcoholic kick by using Armagnac rather than water to cover and soften the California Prunes!” A creation that is sure to get you smiling.

Nine million viewers saw Frances become the inimitable winner of the hugely successful programme last year, and she is set to reach new heights with her unique and unforgettable products thanks to her keen eye for design and creativity.

Frances has another prune pointer to help you avoid any excess waste and use up all the yummy California prune filling: “Any leftover California Prune Puree can be kept in the jar and is delicious stirred through porridge or spread over toast and used as a reduced sugar alternative to jam.” In fact, recent testing by the California Prune Board has proven that prunes provide a healthy and natural replacement for some of the processed sugars in sweet dishes and can even be used to sweeten coffee.

Take your own prune pout pic and use the #prunepout @CaliforniaPrune on Twitter and be featured in our pout gallery!

Frances herself recently demonstrated her best pout at Cake and Bake Manchester, where she was busy showing off her first California Prune bake, California Prune Panda Scones. We at Prune Towers are delighted that she is back and spreading the love with these scrummy biscuits!

For further information and details of recipes please contact Rachel Cullis Dorsett or Rebecca Smedley at California Prune Board – 01858 414218 or email pr@cpbeurope.eu.com

Notes

California is the largest producer of prunes in the world and California Prunes are known to be the best quality due to the region's rigorous harvesting techniques and quality control. The premium produce is supplied to 70 countries worldwide and the region contributes 60% of the world's prune supplies. The UK

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is the seventh largest export market worldwide and are enjoyed as both a snack and as an ingredient in baking and savoury dishes.

California Prunes were awarded an EFSA health claim in June 2013 which means they can be eaten as part of a balanced and healthy diet to maintain normal digestive health. Naturally sweet, they contain no saturated fats, salt or added sugar – and can be used as a healthy substitute for refined sugar in baking and other recipes.

Prunes are naturally high in dietary fibre and eating 100g (8-12) will provide the beneficial digestive health effect and contributes over a quarter (7.1g) of the 25g daily fibre requirement, making prunes a very convenient way of increasing fibre intake.

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California Prune Pout Dodgers

Ingredients

Biscuits

100g Slightly Salted Butter, softened

100g Icing Sugar

1 Egg, lightly beaten

1 tsp Almond Extract

100g Ground Almonds

200g Plain Flour

Filling

300g California Prunes

1 tsp Vanilla Extract or paste

Method

Pre-heat the oven to 180C, 375F, Gas Mark 5.

Cream together the butter and icing sugar, then gradually beat in the egg and almond extract.

Sift and stir in the flour and ground almonds and mix to a fairly soft dough.

Cover or wrap the dough in cling film and chill for at least 2 hours or preferably overnight.

While chilling, create the prune puree.

Place the prunes in a saucepan and cover with some water.

Heat gently to soften before draining off most of the liquid. Leave a little back to help create a smoother puree.

Place in a blender with the vanilla extract and puree to a paste.

Set aside to cool and transfer into an empty clean jam jar.

Once the biscuit dough has chilled, roll out on a lightly floured surface or between two sheets of parchment paper to around 3mm thick.

Cut into rounds with a 6cm cookie cutter.

Transfer on to a baking tray lined with baking parchment and cut out either lips, smiley faces or both from half the biscuits using appropriate shaped cutters or template.

If creating pouts, you can use the cut out lips to create lip smacking prune pouts by sandwiching them together with the California Prune Puree once baked.

Bake the biscuits for approx. 5-10 minutes until the edges have turned lightly golden in colour.

The cut out lips will take only a few minutes, so if baking these I'd advise placing them on a different tray so can be removed from the oven earlier.

Once out of the oven leave the biscuits on the baking tray to cool.

Once cooled, place the uncut biscuit bases tray side up on a clean surface and carefully spread the prune puree on top. Place the pouts or biscuit smiles on top of the biscuit base and California Prune puree and carefully squeeze and sandwich together.

Frances' Prune Pout Top Tips

“If making adult friendly prune dodgers you can give the filling an alcoholic kick by using Armagnac rather than water to cover and soften the California Prunes!”

“When blending the vanilla extract and puree to a paste, a mini or hand held blender works best, unless making twice the amount of prune puree!”

“I created the smiley faces eyes using a straw to cut out the eyes and a miniature alphabet cutter 'C' turned on its side to produce the smile.”

"Any extra biscuit dough, freezes well or can be kept in the fridge for a week."

“Jammie Dodgers are a popular British biscuit, so I thought I'd give them an American twist via California Prunes and a 'naturally sweet' pout!

“Whether pouting or smiling these biscuits will leave you with something to both snack on and smile about. Because California Prunes are naturally sweet, the prune puree filling contains no added sugar. The 300g of California Prunes used to create the puree is also the ideal amount to fit inside a jam jar once made, making it the perfect portable accompaniment to use in and outside the biscuits. For example any leftover California Prune Puree can be kept in the jar and is delicious stirred through porridge or spread over toast and used as a reduced sugar alternative to jam.”

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