

# California Dried Plum Board

## *Technical Bulletin*

July 2005

### **DRIED PLUMS EXTEND THE SHELF LIFE OF FOODSERVICE BREAKFAST BAKED GOODS**

#### **SITUATION**

Breakfast served away from home continues to grow as family style and quick service restaurants, hotels and most institutions focus on the breakfast menu and the breakfast daypart for expansion.

Breakfast has never been an easy meal to prepare and serve out of a commercial kitchen. Unpredictable staffing, surges in patron traffic, consumer demand for additional menu items and a general consumer impatience while waiting for breakfast to be served all contribute to some anxiety at the meal.

With quick service restaurants adding breakfast along with the addition of buffets, breakfast bars and self-service breakfasts in hotels and family style restaurants comes the additional problem of maintaining food quality under extended periods of holding time and high temperature. This is most true with moisture retention and even more evident in the moisture content and texture of breakfast baked goods.

Breakfast baked goods often stale even under ideal conditions. When the pressures of a quick service restaurant concept are considered, moisture retention becomes potentially even more difficult to control.

In addition, many quick service chains maintain strict policies on the length of time prepared foods can be held which is often measured in minutes. Incorrectly anticipating the number of patrons to be served during a 30 minute window can either result in too few products being available to be served or too much which leads to disposal and increased food costs.

The natural humectant properties of dried plums can directly help foodservice operators maintain the moisture and texture of breakfast baked goods, reduce waste, lower food costs and create a more satisfied customer.

## DRIED PLUMS NATURAL HUMECTANCY

Dried plum purees, powders and juice concentrates provide a natural solution to maintaining moisture in baked goods, particularly breakfast baked goods. Dried plum powders can be easily incorporated into dry bakery mix systems using a simple all purpose formula with endless possibilities for creative customization.

Dried plum products derive their humectant properties from three principal sources:

*Fiber:* About 7.5% fiber, half of which is soluble.

*Sorbitol:* About 15% naturally occurring sorbitol.

*Reducing sugars:* Fructose and glucose work with sorbitol to provide further humectancy.

Dried plum's fiber attracts moisture during mixing while sorbitol retains moisture during baking and while baked goods are being held prior to serving.

## CALIFORNIA ALL PURPOSE BAKING MIX

Enhanced moisture in breakfast baked goods can start with the preparation of an all-purpose baking mix. Or, bakers can simply add about 2-3% dried plum powder to existing breakfast bakery recipes.

### CALIFORNIA ALL PURPOSE BAKING MIX

<b>Ingredient</b>	<b>% of Dry Mix</b>
All-purpose flour	81.7
<b>Dried Plum Powder</b>	<b>2.6</b>
Dextrose	0.5
Buttermilk powder	3.3
Vegetable shortening	6.5
Baking soda	1.5
Sodium aluminum phosphate	1.1
Monocalcium phosphate--anhydrous	0.8
Salt	1.9
Natural butter flavor--heat stable	0.1

This all-purpose mix can be used to make breakfast biscuits, pancakes, coffee cakes...just about any breakfast pastry item. These breakfast baked goods stay fresher

longer due to the unique natural water binding properties of dried plums' fiber and sorbitol. Better still, breakfast baked goods made with dried plums are low-fat.

## RECIPES

### Breakfast Biscuits

Ingredient	Amount
California All Purpose Baking Mix	2 C (286 g)
Skim Milk	3/4 C (180 g)

### Procedure

1. Pre-heat oven to 450° F (232° C)
2. Stir ingredients until soft dough forms.
3. Turn out onto floured surface and knead 10-15 times.
4. Roll out to 5/8-3/4 inches (1.6-1.9 cm) thick and cut out biscuits with 2 1/2 inch (6.35cm) cutter.
5. Place on ungreased sheet pan and bake for 7-9 minutes or until golden brown

Biscuits: Approximately 9

### Breakfast Coffee Cake

Ingredient	Amount
California All Purpose Baking Mix	1 3/4 C (250 g)
Skim Milk	3/4 C (179 g)
Sugar	1/4 C (54 g)
Margarine (melted)	1 T (13 g)
Eggs	1 (45 g)

### Procedure

1. Pre-heat oven to 375° F (190 ° C)
2. Mix all ingredients well (will have small lumps) and spread into greased, 9 inch (22.9 cm) round baking pan.
3. Sprinkle on streusel topping.
4. Bake for 18-20 minutes.

Servings: 10

### ***Streusel Topping:***

<b>Ingredient</b>	<b>Amount</b>
Brown Sugar	1/3 C packed (75 g)
Cinnamon	1/2 tsp (1.35 g)
<b>Dried Plum Puree</b>	<b>1 rounded tsp (10 g)</b>

### **Procedure**

1. Mix streusel topping until it crumbles.

### **Breakfast Pancakes**

<b>Ingredient</b>	<b>Amount</b>
California All Purpose Baking Mix	2 C (286 g)
Skim Milk	2 C (477 g)
Eggs	2 (90 g)

### **Procedure**

1. Mix all ingredients until blended (will have small lumps).
2. Pour by scant 1/4 cupfuls onto hot griddle. Cook just until edges begin to dry. Turn and cook until golden brown.

Servings: 16 pancakes.

For additional information contact:

**California Dried Plum Board**  
**1-800-729-5992**  
**[www.CaliforniaDriedPlums.org](http://www.CaliforniaDriedPlums.org)**