

# Arctic Moore Plum

## HOW TO CHOOSE AND STORE

Look for plums that are firm and plump without wrinkled skin. Keep unripe plums at room temperature for up to one week. Once ripe, store in the fridge for up to five days. Plums are picked by hand as their skin is easily damaged.

## HOW TO USE AND EAT

Plums can be used in both sweet and savory recipes. They can be frozen, dehydrated (ie a prune), or made into jams and preserves.



## Spicy Oven Roasted Plums

- 4 plums, halved and pitted
- ½ cup orange juice
- 2 tablespoons packed brown sugar
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon cumin
- ⅛ teaspoon ground cardamom
- ¼ cup toasted slivered almonds (Optional)

1. Preheat the oven to 400 degrees F (200 degrees C). Grease a shallow baking dish with cooking spray.
2. Place plums, cut-side up, in a single layer in the prepared baking dish.
3. Whisk together orange juice, brown sugar, cinnamon, nutmeg, cumin, and cardamom in a bowl; drizzle over plums.
4. Bake in the preheated oven until plums are hot and sauce is bubbly, about 20 minutes. Top with toasted almonds.

## Fresh Plum Salsa

- 2 large tomatoes, diced
  - ½ small red onion, diced
  - 4 plums, pitted and diced
  - 1 hot pepper, seeded and finely chopped
  - 8 sprigs fresh cilantro, chopped (Optional)
  - 1 teaspoon minced garlic
  - 1 teaspoon lime juice
  - ½ teaspoon salt
  - ¼ teaspoon freshly ground black pepper
  - ¼ teaspoon chili powder
- Mix all ingredients together. Refrigerate until flavors blend, at least 1 hour. Serve

## Easy Plum Dessert

- 1 TBSP butter
- 6-8 medium plums
- 2/3 cup granulated sugar
- 4 eggs
- 1/2 cup unbleached all-purpose flour
- 1/4 teaspoon fine sea salt
- 1 1/2 cups whole milk
- 1 TBSP vanilla extract
- Confectioners sugar

Heat the oven to 350°F.

Butter a cast iron skillet and set aside.

Trim the plums into wedges that are 1/4 inch wide on the skin side of the cut. Toss the plums with 1/3 cup of the granulated sugar, and arrange them evenly in the skillet and set aside.

In a medium bowl, whisk the eggs with the remaining 1/3 cup sugar, flour, and salt. Whisk in the milk and vanilla. Pour the batter into the skillet, and place on the center rack in the oven. Bake just until set, about 1 hour. When cooled, remove from the skillet and slice into wedges. Dust with confectioners sugar before serving.