

# Florida Grapefruit & California Prunes



Florida  
Grapefruit  
& California  
Prunes  
Oaty  
Cookies



# Oaty Cookies

## Ingredients

100g Chopped California Prunes  
2 Florida Grapefruits zest and juice  
150ml Vegetable oil  
200g Golden caster sugar  
1 Large free range egg  
1 tsp Ground cinnamon  
140g Plain flour  
1/4 tsp Bicarb  
300g Porridge oats

## Here's how

Pre heat the oven to 160C and line 2 baking trays with baking parchment.

Zest and juice the Florida Grapefruits over the chopped California Prunes in a bowl and set to one side to soak for 15 minutes.

Meanwhile, in a large bowl, mix together the oil and sugar.

Gradually beat in the egg with a little of the Florida Grapefruit juice that the prunes are soaking in. Sift the flour, cinnamon, bicarbonate of soda and a pinch of salt into the bowl, then add the oats. Finally, mix in the soaked California Prunes, make sure you lift them out of the juice and give a little squeeze.

Drop heaped tbsps of the cookie dough onto the baking trays and shape with wet hands into a cookie shape, well spaced apart as they will spread when cooking.

Bake for 12-15 mins until golden.

Leave to cool on the trays for 10 mins before eating. They will keep in an airtight container for up to 3 days.

# Sweet and Sour Style Pork with California Prunes and Florida Grapefruit



# Sweet and Sour Style Pork

## Ingredients\*

300g Brown rice  
200g Sprouting broccoli  
1 tbsp sesame oil  
1 tsp sesame seeds  
1/2 tsp Salt  
1 thumb of fresh ginger  
2 Garlic cloves crushes

200g Lean pork fillet  
1 tbsp Sichuan pepper corns  
1 tsp Salt  
1 tsp sesame seeds  
1 tbsp light soy sauce  
1 Free range egg  
3-4 tbsp Corn flour  
3 tbsp vegetable oil for cooking the pork

## For the sauce

1 Garlic clove chopped  
1 thumb of ginger sliced  
100g California Prunes chopped  
2 Florida Grapefruit  
2 tbsp Light soy sauce  
2-3 Spring onions sliced  
Here's how

Cook the rice in twice as much water to rice in volume, it should take approximately 20 minutes.  
Pre heat the oven 180c to cook the broccoli.

Place the broccoli onto a large sheet of baking parchment. Add the sesame oil and seeds as well as the chopped ginger and crushed garlic.

Sprinkle 2-3 tbsp of water over the broccoli and fold up the parchment paper in to a parcel to trap all the flavours in while cooking.

Place the parcel into the oven and cook for 20 minutes.



Time to prepare the pork, cut horizontally and butterfly the meat out into one thinner piece.

Place the pork between two pieces of parchment paper and using a tenderising mallet or rolling pin to bash out until approx 1/2cm thick.

Now slice the pork into thin pieces and place in a mixing bowl.

Crush the peppercorns in a pestle and mortar and scatter over the pork with a teaspoon of salt.

Pour over the light soy, followed by the sesame seeds. Crack the egg into the bowl with the pork and stir together. Add the corn flour, but don't over mix otherwise it will bind together, it just wants to roughly coat.

Cook the pork in a large non stick frying pan with hot oil in, cook in small batches so as not to over fill the pan and maintain extra crispness.

When the pork is cooked and crispy, remove from the pan and transfer to a baking tray and put in the oven to keep warm.

Continue this process until all the pork is cooked and crisp. Wipe the pan clean and return to the heat.

Add a small splash of oil to the pan, then add the garlic and ginger.

Cook on a medium heat for 2-3 minutes.

Add the juice from the Florida Grapefruit and chopped California Prunes.

Season with a little light soy sauce and boil until reduces to a sauce consistency.

Taste the sauce before you add the pork and season if required.

Remove the pork from the oven and add to the sauce with the chopped spring onions.

Stir together and serve with your cooked brown rice and baked broccoli.

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