

Making Sauces and Dressings with Prune Ingredients



THE SUNSWEET® ADVANTAGE

Derived from prunes and packed with sorbitol, antioxidants, and malic acid, Sunsweet® Ingredients add sweetness, smooth out flavors, and enhance color and texture in a range of sauces and dressings.

Sunsweet Ingredients come in a variety of forms—from concentrates and pastes to powders—helping to turn dried plums into functional and versatile solutions for a variety of products.



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I. USING PRUNE INGREDIENTS IN SAUCES AND DRESSINGS

Propagated since ancient times, prunes (also known as dried plums) have been cherished for centuries for their rich flavor and functional properties.

When fresh prune plums are dried, they develop a tangy caramel richness. Unlike most dried fruit, prunes are sweet in part because they contain sorbitol, a sugar alcohol, which does not impact blood sugar like other sugars do. Prune ingredients can also work with sweeteners such as stevia and monk fruit, rounding out flavors to make low-sugar sauces and dressings taste balanced.

Prunes also have acidity, which boosts flavor in the same way that a few drops of lemon juice can enliven a soup.

Sunsweet takes the attributes of prunes and turns them into ingredients that work well in a range of sauces and dressings.

Use prune ingredients to:

- Reduce salt and sugar
- Enhance browning in place of caramel coloring
- Improve yield
- Smooth out off flavors (such as the metallic taste of canned tomatoes)
- Take the place of citric acid and drive down pH
- Retain or enhance sauce viscosity and add sheen
- Extend the flavors of herbs and spices

PRUNE FLAVOR AFFINITIES IN SAUCES AND DRESSINGS

American classics: barbecue sauce, hot sauce, ketchup, Yankee pot roast starter sauces, chili starter sauces, honey mustard sauces

Italian/Spanish/French sauces: tomato sauce, pizza sauce, Marsala, romesco, red-wine braising sauces

Asian sauces and condiments: gochujang, teriyaki, sriracha, hoisin, miso, tamarind ginger chutney, sambal, peanut sauce, pad thai noodle sauce, sweet chili sauce, Madras curry, stir-fry sauce

Latin American sauces and condiments: chimichurri, enchilada sauces, mole, salsas

African/North African sauces and condiments: chermoula, harissa, piri piri

Peppers: ancho, cayenne, chipotle, paprika, pasilla, pimentón, poblano

Other vegetables and aromatics: mushrooms, garlic, sun-dried tomatoes, onions, shallots

Other pantry basics: honey, cider, mustard, molasses, pomegranate molasses, tamarind concentrate and paste, balsamic vinegar, soy sauce, tamari

Spices and spice blends: cardamom, chutney spice, coriander, cinnamon, chile, clove, ginger, nutmeg, peppercorns, paprika, shichimi togarashi, star anise

II. SAUCE FORMULAS

These sauce recipes offer examples of how to use prune ingredients in sauces in ways that can also be applied to dressings.

Since Sunsweet Ingredients are flavor enhancers, these recipes have lower quantities of spices and salt than comparable recipes. Meanwhile, water levels have been increased to compensate for the concentrated flavors of Fresh Plum Concentrate, Prune Juice Concentrate, and Dried Plum Puree and to boost yield.

PRUNE INGREDIENT ATTRIBUTES FOR SAUCES AND DRESSINGS

INGREDIENT	SUGAR/ SALT REDUCTION	FLAVOR ENHANCING	COLOR/ BROWNING	IMPROVED YIELD	TASTES LIKE
Fresh Plum Concentrate	●	●	●	●	Tart cherry, pomegranate molasses
Dried Plum Puree	●	●	●	●	Tamarind, plums
Prune Juice Concentrate	●	●	●	●	Molasses
Dried Plum Powder	●		●		Toffee
Prune Bits	●		●		Mild cooked plum



TOMATO SAUCE

This premium tomato sauce has no added sugar or citric acid. Fresh Plum Concentrate rounds out flavors and drives down acidity, enhancing the impact of the tomatoes and herbs.

METHOD

Grind tomatoes until smooth. Combine all ingredients and heat at 240°F until the temperature reaches 210°F. Add additional water to make up for evaporation so the weight remains 100%. Cook for 10 minutes at 210°F. Pack as desired.

INGREDIENTS	AMT (GR)	%
Tomato, whole	5697.12	66.9
Water	1340.08	15.8
Tomato paste, 28%	510.29	5.9
Onions, diced	340.19	3.9
Fresh Plum Concentrate	170.1	2
Balsamic vinegar	170.1	2
Olive oil	85.05	1
Basil, fresh	85.05	1
Garlic, puree	70.87	.81
Salt	42.52	.5
Oregano, dried	9.92	.11
Crushed red pepper, dried	7.09	.08
Total pH: 3.97	8528.38	100

PIZZA SAUCE

Using Fresh Plum Concentrate in pizza sauce helps eliminate sugar and citric acid, reduce salt, and enhance tomato flavor.

METHOD

Grind tomatoes until smooth. Combine all ingredients except aquaresins and heat at 240°F until the temperature reaches 210°F. Cook 8 minutes. Stir in aquaresins. Pack as desired.

INGREDIENTS	AMT (GR)	%
Tomato, whole	8490	64
Water	2643	20
Tomato paste, 28%	1019	7.6
Fresh Plum Concentrate	849	6.39
Olive oil	141	1
Salt	42	.31
Onion, granulated	31	.22
Garlic, granulated	18	.13
Oregano, Turkish	20	.14
Oregano, Egyptian	14	.1
Black pepper, ground	15	.11
Basil aquaresin	2 drops	-
Origanum aquaresin	2 drops	-
Total pH: 3.97	13282	100

SALSA FRESCA

For topping quesadillas and tacos or serving as a dip with tortilla chips, salsa fresca is always the most popular salsa at the table. To replicate the freshness of a hand-chopped salsa, Fresh Plum Concentrate brightens the flavors of the tomato and jalapeño.

METHOD

Place tomatoes in a pot and cook at 240°F for 10 minutes until the temperature reaches 210°F. Add remaining ingredients and cook at the same temperature for 5 more minutes. Puree and cook again at 240°F for 10 minutes. Pack as desired.

INGREDIENTS	AMT (GR)	%
Tomato, fresh, cored, quartered	6310.9	83.59
Fresh Plum Concentrate	693.35	9.18
Cilantro, paste	187	2.48
Lime juice	153	2.03
Garlic, chopped	60	.79
Chipotles in adobo, chopped	50	.66
Salt	50	.66
Jalapeno, fresh, chopped	40	.53
Cumin, ground	4	.05
Caramelized onion acquiresin	2	.03
Total pH: 4.19	7550.25	100

RESTAURANT-STYLE SALSA

Cooked salsas run the risk of becoming too acidic, with vinegar or citric acid overpowering the tomato flavor. Here, the addition of Fresh Plum Concentrate gives the salsa a smoother, fresher taste with no added sugar.

METHOD

Combine all ingredients and heat at 240°F until the temperature reaches 210°F. Add additional water to make up for evaporation so the weight remains 100%. Cook for 10 minutes at 210°F. Pack as desired.

INGREDIENTS	AMT (GR)	%
Tomato, fresh, cored, quartered	672	39.94
Crushed tomato	273.6	16.26
Fresh Plum Concentrate	270	16.05
Green bell pepper, fresh, chopped	168	10
Onions, diced	84	5
Jalapeno, fresh	84	5
Cilantro, fresh	50	2.97
Salt	36	2.1
Lime juice	28	1.65
Garlic, granulated	8	.5
Red onion, dried	6	.36
Cumin, ground	2	.11
Black pepper, ground	1	.06
Total pH: 4.13	1682.6	100

RED ENCHILADA SAUCE

This innovative enchilada sauce drives the flavors of cumin, chili powder, and cilantro forward in a balanced sauce that tastes good enough to do double-duty as a salsa.

METHOD

Combine all ingredients and heat at 240°F until the temperature reaches 210°F. Add additional water to make up for evaporation so the weight remains 100%. Cook for 10 minutes at 210°F. Pack as desired.

INGREDIENTS	AMT (GR)	%
Tomato, fresh, cored, quartered	4655.4	54.28
Hot sauce	1811.2	21.12
Tomato paste, 28%	1018.8	11.87
Fresh Plum Concentrate	424.5	4.94
Green chili, fresh, chopped	410.35	4.78
Onion, granulated	80	.93
Cilantro, puree	60	.69
Cumin	48	.59
Garlic, puree	40	.5
Salt	10	.11
Lime juice	10	.11
Cracked black pepper	5 g	.05
Chili powder	2.5 g	.02
Oregano	1 g	.01
Total pH: 4.19	7550.25	100



CLASSIC BARBECUE SAUCE

Dried Plum Puree and Fresh Plum Concentrate give this barbecue sauce the texture and taste of classic barbecue sauce without added sugar. You can experiment with salt levels by holding back half of the salt initially and then adjusting the salt as desired later.

METHOD

Combine all ingredients and heat at 240°F until the temperature reaches 210°F. Add additional water to make up for evaporation so the weight remains 100%. Cook for 10 minutes at 210°F. Pack as desired.

INGREDIENTS	AMT (GR)	%
Tomato puree	4535.92	38.44
Water	3628.74	30.75
Tomato paste, 28%	1360.78	11.53
Apple cider vinegar	850.99	7.21
Dried Plum Puree	680.39	5.78
Fresh Plum Concentrate	453.59	3.84
Worcestershire sauce	85.05	.72
Lemon juice	85.05	.72
Salt	84	.71
Chili powder	14	.12
Smoked paprika	8	.07
Onion powder	7	.06
Black pepper	3.5	.03
Total pH: 3.91	11799.51	100

SPICY BARBECUE SAUCE

The flavors of chiles and smoked paprika come to the forefront in this tomato-based barbecue sauce while Dried Plum Puree and Fresh Plum Concentrate add a mild, sweet backdrop of flavor to complement the vinegar and Worcestershire. You can experiment with salt levels by holding back half of the salt initially and then adjusting the salt as desired later.

METHOD

Combine all ingredients and heat at 240°F until the temperature reaches 210°F. Add additional water to make up for evaporation so the weight remains 100%. Cook for 10 minutes at 210°F. Pack as desired.

INGREDIENTS	AMT (GR)	%
Water	3622.40	44.77
Tomato paste, 28%	1273.5	15.74
Diced tomato	820.7	10.14
Tomato puree	679.2	8.4
Dried Plum Puree	679.2	5.59
Fresh Plum Concentrate	452.8	8.4
Apple cider vinegar	283	3.5
Worcestershire sauce	84.9	1.05
Lemon juice	84.9	1.05
Salt	56.6	.7
Smoked paprika	21.9	.27
Chili pepper	14.15	.17
Onion powder	8	.1
Crushed red pepper	7	.08
Black pepper, ground	3.5	.04
Total pH: 3.96	8091.75	100

FIVE-SPICE BARBECUE SAUCE

Asian barbecue sauces typically contain a lot of sugar to balance the salty and spicy ingredients. In this recipe, Fresh Plum Concentrate and Dried Plum Puree round out flavors, giving the sauce a tangy sweetness without sugar.

METHOD

Combine all ingredients and heat at 240°F until the temperature reaches 210°F. Add additional water to make up for evaporation so the weight remains 100%. Cook for 10 minutes at 210°F. Pack as desired.

INGREDIENTS	AMT (GR)	%
Water	7244.8	49.52
Fresh Plum Concentrate	3622.4	24.76
Tamari, low sodium	2264	15.47
Corn starch	566	3.87
Dried Plum Puree	452.8	3.1
Red chili paste	112	.77
Lemongrass, puree	110	.75
Ginger, minced	110	.75
Garlic, puree	80	.55
Sesame seeds, toasted	56	.38
Sesame oil	6	.04
Crushed red pepper	6	.04
Total pH: 4.03	14630	100

IV. PRODUCT DESCRIPTIONS

FRESH PLUM CONCENTRATE

Made from the juice of fresh prune plums, this product is the most versatile Sunsweet Ingredient for making sauces. Fresh Plum Concentrate blends easily with water, adding subtle sweetness and enhancing flavor with bright acidity. Alone, the plum-red liquid has the consistency of maple syrup and carries a pleasant, tart-cherry flavor that resembles pomegranate molasses.



Applications: Fresh Plum Concentrate can be used in tomato sauces and pizza sauces to replace sugar and enhance tomato flavor while driving down acidity. In braising sauces, it helps smooth out the flavors of wine or tomatoes. It is also easy to adapt this sauce to Asian sauces, such as sambal or peanut sauce, adding subtle sweetness to balance the flavors of the spices. Fresh Plum Concentrate is also ideal in vinaigrettes and creamy dressings. In a vinaigrette, it will round out the flavors, curbing the acidity. In a creamy dressing, it can transform a too-white base into a subtle, golden hue.

Sorbitol: 14.46%

Fiber: 1.54% soluble; .23% insoluble

Titrateable acidity: 1.5 to 2.2%

Brix: 70°

pH: 3.4-3.9

DRIED PLUM PUREE

Made by combining prune extract with prune paste, Dried Plum Puree is high in sorbitol, a natural humectant. Alone, the dark purple paste has a tangy flavor similar to molasses or tamarind.

Applications: Used in sauces, it adds body, tart sweetness, and depth. It is especially good in dark tangy sauces, such as hoisin sauce, tamarind chutney, or in any number of barbecue sauces. It also accentuates flavor, allowing for reductions in seasonings and salt. Because it is the texture of a paste, Dried Plum Puree can add body to a sauce that is too thin.

Sorbitol: 14.7%

Fiber: 4.35% soluble; 1.15% insoluble

Titrateable acidity: 1.5 to 2.2%

Brix: 68°

pH: 3.4-4.2

Insoluble solids: 18-22% at 18.5 Brix



PRUNE BITS

Made by dicing prune paste, Prune Bits can be transformed into a puree when soaked in liquid. With no added sugar in the paste, the hydrated bits can be used to make no-sugar-added barbecue sauces and teriyaki sauces with the texture of dipping sauces.

Sorbitol: 15.85

Fiber: 11.05

pH: 3.75-4.9



PRUNE JUICE CONCENTRATE

Made by processing pitted prunes into a slurry to release soluble solids and then concentrating the extract, Prune Juice Concentrate offers smooth, rounded sweetness with the consistency of molasses. It is stable at room temperature.

Applications: Prune Juice Concentrate is a perfect pairing with soy sauce and other Asian condiments used in stir-fry sauces. When used in small concentrations, it can take the place of some of the soy sauce, allowing for lower overall sodium levels. In dark sauces, it can also be used to replace from 20% to 50% of the honey, brown rice syrup, agave syrup, corn syrup, or invert sugar in a recipe. Because it also imparts sweetness, it allows for lower overall sugar levels. It also brings a natural caramel color and viscosity to balsamic vinaigrettes, mimicking the texture and richness of aged balsamic vinegar.



Sorbitol: 16.96

Fiber: 5.14% soluble, .53% insoluble

Titrateable acidity: 1.5-2.2

Brix: 70°

pH: 3.5-4.2

DRIED PLUM POWDER

Ground from prunes, this reddish-brown plum powder is extremely hygroscopic, containing more sorbitol than any other Sunsweet Ingredient. Dried Plum Powder is slightly tacky, with mild, subtle toffee flavor.

Applications: Dried Plum Powder can enhance adhesion while lowering sugar and salt levels in rubs. It can also take the place of caramel color when added in small amounts (less than 1%) to light sauces, such as cheese or cream sauces. When suspended in a sauce, it resembles freshly ground black pepper.

Sorbitol: 25%

Fiber: 5% soluble; 4.9% insoluble

Trace amounts of acids



SUNSWEEET® INGREDIENTS AT A GLANCE

	CHEMICAL	INGREDIENTS	CONTAINER SIZE	STORAGE
FRESH PLUM CONCENTRATE	Brix: 70° pH: 3.4-3.9 Acidity: 1.8-2.6%	Concentrated fresh plum juice	5 gal, 52 gal	36 months stored at <32°F and <60% humidity
PRUNE JUICE CONCENTRATE	Brix: 70° pH: 3.5-4.2 Titratable Acidity: 1.5-2.2%	Concentrated prune juice	5 gal, 55 gal	24 months <70°F
DRIED PLUM PUREE	Brix: 68° pH: 3.4-4.2 Acidity: 1.5-2.2%	Concentrated prune juice and dried plums	5 gal, 52 gal	18 months stored at 45-55°F and <60% humidity
DRIED PLUM POWDER	n/a	Dried plum powder, calcium stearate	40-lb case	12 months stored at 40-65°F and <60% humidity
PRUNE BITS	Brix: n/a pH: 3.75-4.9 Titratable Acidity: 1.7-2.8%	Dried plums	25-lb case	18 months 45-60° F and <60% humidity
DICED PRUNES AND WHOLE PITTED DICED PRUNES	Brix: n/a pH: 3.5-4.2 Titratable Acidity: 1.8-2.6%	Dried plums	Diced Prunes: 25-lb case Whole Pitted Diced Prunes: 30-lb case	18 months 45-60° F and <60% humidity



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