Raisins are one of mankind's oldest foods. 2000 Years Before Christ the Persians and Egyptians grew raisin grapes.

In those days, grapes probably dried on the vines and people discovered the wonderful, sweet flavor of raisins. In addition, the raisin provided a source of natural food that was so vital to early civilizations. Cities were founded in areas receptive to growing raisin grapes.

By 1000 B.C. the Israelites were using raisins to pay their taxes to King David. In 400 B.C. raisin production was a big industry.

Today, raisins are important in Armenia, Spain, Greece, Australia, Turkey, Iran and South Africa. The raisin industry in America is now the largest in the world.
ALL OF AMERICA’S RAISINS COME FROM THE FERTILE SAN JOAQUIN VALLEY IN CALIFORNIA. THIS LUSH VALLEY IS SURROUNDED BY TOWERING MOUNTAINS. WITH WATER CASCADEING FROM THE SIERRA NEVADA RANGE, PLENTY OF SUN AND LITTLE RAIN, THE SAN JOAQUIN VALLEY PROVIDES IDEAL CONDITIONS FOR GROWING RAISIN GRAPES.
WRANGLER BARBECUE SAUCE
(Makes 1 3/4 to 2 cups)

1/3 cup chopped onion
1/2 cup chopped celery
1/3 cup chopped green pepper
1 minced clove garlic
2 tablespoons oil or drippings
1 cup (8-ounce can) tomato sauce
1/2 cup water
1/2 cup Sun-Maid® Seedless or Golden Seedless Raisins
1/2 teaspoon chili powder
1/4 teaspoon salt

Sauté onion, celery, green pepper and garlic in oil until transparent. Add remaining ingredients and simmer slowly 15 to 20 minutes. Serve hot with spareribs, meat balls, etc.

A contemporary recipe based on the campfire barbecues of the Old West.
FORTY-NINER RAISIN STUFFING
(Makes 4 servings)

1 5-6 pound roasting chicken
   Salt
1 cup hot water
1 1/2 cups Sun-Maid® Golden Seedless Raisins
3 1/2-4 cups prepared stuffing mix
   2 tablespoons melted butter
   1/2 cup diced apple
   1/2 cup diced celery


Gold Rush miners became the raisin growers of today.
KING'S BURGER RAISIN ROUND
(Makes 6 servings)

1 1/2 pounds ground beef
1 1/4 cups Sun-Maid® Golden Seedless Raisins
1 cup chili sauce
1/2 cup shredded cheddar cheese
1/2 cup toasted bread crumbs
1 egg
1 teaspoon salt
1/4 teaspoon pepper

Combine ground beef, 3/4 cup Sun-Maid® Raisins, 1/2 cup chili sauce and remaining ingredients, mix lightly.
Pack into bowl to shape and turn out on shallow baking pan. Bake at 350 degrees F., 1 hour. Ten minutes before
done, spoon combined 1/2 cup chili sauce and 1/2 cup raisins over meat. Cut into wedges to serve.

A western favorite from Kingsburg, the home of Sun-Maid® Raisins.
CALIFORNIA PORK CHOPS WITH ORANGE SAUCE
(Makes 6 servings)

¾ cup Sun-Maid® Seedless Raisins
2 tablespoons chopped onion
1/2 cup thinly sliced celery
2 tablespoons butter
1/3 cup hot water
1 1/2 cups seasoned stuffing mix

6 double pork chops with pocket for stuffing
1 (6 oz.) can frozen orange juice
1 1/2 teaspoons cornstarch

Sauté 1/2 cup raisins, onion and celery in butter until soft. Add hot water and stuffing mix; blend. Brown chops. Fill with stuffing; secure with picks. Combine orange juice and equal amount of water; add half to chops. Cover; cook over low heat 1 hour or until tender; adding remaining liquid as needed. Add cornstarch mixed with small amount of water and remaining 1/4 cup raisins to liquid on chops. Cook and stir until thickened.

The Mission Fathers nurtured the first vineyards in early California.
FRESNO FRITTERS
(Makes 24 to 30 fritters)

1 egg
¼ cup milk
1 cup pancake mix
¼ cup Sun-Maid® Seedless Raisins
1½ cups (12-ounce can) drained whole kernel corn
Cooking oil to depth of 1 inch in skillet

Blend egg and milk. Add pancake mix and Sun-Maid® Seedless Raisins; stir just until mixed. Fold in corn. To insure lightness, do not overheat. Drop by teaspoonfuls into hot cooking oil (325 degrees F.). Cook until golden brown, about 4 minutes. Serve as a vegetable or with syrup, if desired.

This recipe named after the city of Fresno, the agriculture center of the San Joaquin Valley.
SIERRA SYRUP
(Makes about 2 cups)

2 cups brown sugar
1 cup water
1 cup Sun-Maid® Seedless Raisins
1 teaspoon maple flavoring

Combine sugar, water and Sun-Maid® Raisins. Bring to a boil. Remove from heat and stir in flavoring.

Perk up pancakes by plumping ½ cup of Sun-Maid® Raisins in hot tap water for two minutes. Fold into pancake batter.

A robust syrup after a recipe from early logging camps in the Sierra Nevada.
YOSEMITE HOT DOGS
(Serves 4)

1/2 cup chili sauce
1/2 cup water
1 cup Sun-Maid®
Seedless Raisins
1 1/2 teaspoons instant
minced onion
1/2 teaspoon chili powder
1 tablespoon butter or
margarine
1 pound frankfurters
(about 8)
Garlic salt (optional)
8 frankfurter buns,
split and toasted

In a saucepan blend together chili sauce and water; place over moderate heat (about 250 degrees F.) and bring to a boil. In a small bowl mix together raisins, onion and chili powder. Stir in chili sauce mixture and let stand about 2 hours. When ready to serve, melt butter in a medium-sized skillet over moderately high heat (about 350 degrees F.). Add frankfurters and sprinkle with garlic salt to taste. Cook quickly until frankfurters are lightly browned, turning frequently. Place a frankfurter in each bun and top with some of the raisin relish.

A hearty favorite from the famed Yosemite Valley.
GOLD RUSH GRIDDLE COOKIES
(Makes about 4 dozen)

1 cup shortening or butter
1 beaten egg
3/4 cup milk
1 1/4 cups Sun-Maid® Seedless Raisins

1 cup sugar
3 1/2 cups sifted flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon soda

Mix dry ingredients together in large bowl. Cut in shortening or butter until mixture is mealy. Add egg, milk and raisins; mix until all ingredients are moistened and dough holds together. (Dough is very stiff.) Roll out on floured board to 1/4-inch thickness. Cut with 2-inch cookie cutter. Heat griddle until a few drops of water dance on it (do not overheat griddle). Oil griddle lightly with shortening. Place cookies on it. As the bottoms brown, the tops become puffy. Then turn with spatula and brown on other side. Serve warm.

A convenient treat inspired by the early gold miners.
GOLDEN STATE RAISIN KISSES
(Makes about 3 dozen 2” kisses)

1 cup Sun-Maid® Golden Seedless Raisins
4 egg whites
3/4 teaspoon salt
1 teaspoon vanilla
1 cup sugar
2 cups cornflakes
1/2 cup flaked coconut

Coarsely chop Sun-Maid® Raisins. Beat egg whites with salt and vanilla until stiff. Gradually beat in sugar; continue beating until stiff. Fold in cornflakes, coconut and Sun-Maid® Raisins. Drop from teaspoon onto lightly greased baking sheets. Bake in moderate oven (350 degrees F.), 20 to 25 minutes or until set and a rich golden brown. Remove from pan immediately to wire racks to cool. Store cooked cookies in airtight container with foil or waxed paper between each layer.

A sunny, light cookie named after the Golden State, California.
ENJOY RAISINS FOR EXTRA ENERGY

Sun-Maid® Raisins give your family "extra-energy," the natural way. A wholesome, flavorful food rich in iron plus a good source of calcium, phosphorus and other beneficial minerals.

Great to take along for that "energy snack"! Raisins add new flavor dimensions to cooking and baking. Puts zing in salads, too!

Sun-Maid® Raisins are packaged in several sizes for your convenience. From the big, two pound economy pack to the wee mini pack, all have sealed-in freshness for your eating enjoyment. Nature's way to "extra energy."
Sun-Maid processes and packages more raisins than anyone in the world. Being located in the heart of California’s sunniest vineyards enables Sun-Maid to capture all the flavor, energy and freshness nature affords.

SUN-MAID® RAISIN GROWERS, KINGSBURG, CALIFORNIA 93631