

Dried Fruit

left coast  
ORGANICS

# Organic Sultana Raisins

Country of Origin: Turkey

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

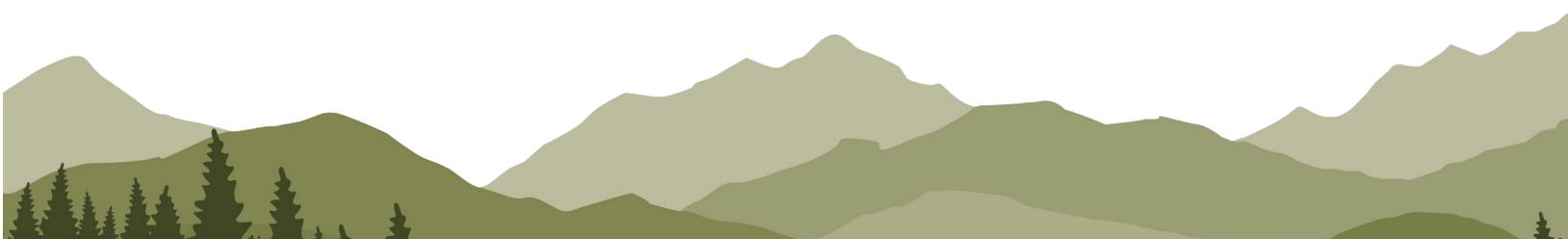
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 110	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 20 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 27 g	<b>9 %</b>
Fibre / Fibres 3 g	<b>11 %</b>
Sugars / Sucres 27 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

## Factoid:

Sultana raisins are known as Thompson Seedless in the United States. They are made from white grapes. However, the term 'sultanas' is now loosely used to describe any golden-coloured raisin.

## Ingredients:

Organic Sultana Raisins and organic sunflower oil



Recipe:

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# Quick Korma

## Ingredients:

3 medium onions

3 cloves of garlic

Thick slice of butter

Thumb-sized piece of ginger

10 green cardamom pods

1 tsp ground cumin

1/2 tsp ground turmeric

Couple pinches of ground cinnamon

Cinnamon stick

Good pinch of ground chil

3 bay leaves

650 g assorted mushrooms

250 g spinach

Handful skinned hazelnuts

Generous handful of sultana raisins

200 g plain yogurt

150 g creme fraiche

Rice or bread, to serve

## Instructions:

1. Peel and slice the onions and garlic. Melt most of the thick slice of butter in a deep-sided pan, reserving a little. Peel and grate the ginger and add to the pan with the onions and garlic.
2. Break open the cardamom pods, discard the green shells and lightly crush the black seeds within. A pestle and mortar is good for this but any heavy weight will do. Add the crushed seeds to the pan with the cumin, turmeric, ground cinnamon, cinnamon stick, chilli and the bay leaves.
3. Cut the mushrooms into large pieces and add to the pan together with the remaining butter (you will find the mushrooms tend to soak it up). Let the mushrooms cook for a couple of minutes, then stir and cover with a lid.
4. When the mushrooms have softened and darkened a little, add 200 ml of water. Stir, cover and simmer for 15 minutes.
5. Meanwhile, wash the spinach carefully. Cook briefly in a separate pan until the leaves have wilted but are still bright, about a minute or two. Remove the spinach and cool under running water to keep the colour bright then squeeze dry and add to the pan with the mushrooms.
6. Stir in the skinned hazelnuts and the raisins or sultanas. Gently stir in the yogurt and creme fraiche. Warm through gently and serve, with rice or bread if you wish.

