

### Cooked Dried Plums – Traditional pioneer dish

Cover dried plums with water in a saucepan. Cook over a low heat for about 20 minutes or until the plums are tender.

To make plum sauce, cook fruit as described above. When tender, add 1/4 cup of sugar and use a potato masher or blender to make a thick sauce that can be used as a topping for ice cream or cake. Early settlers did not use much white sugar, which was both scarce and expensive. Molasses and honey were used as sweeteners.

*Food in Kansas*

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