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## COMMENT

# The confusing world of raisins

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What's Cookin'

Since today's recipe involves raisins, I thought I would use this opportunity to clear up a question that has always plagued me—what is the difference between sultana raisins and Thompson seedless raisins?

Turning to the internet for my research (probably not the best idea) I visited many sites, and then was more confused than when I started. Don't you just hate it when that happens?

I did discover a few things though. Sometimes you hear reference to a "seedless raisin"—well aren't they all seedless? Alas, it seems that some raisins are made from seedless grapes and some are made from grapes that have seeds, but the seeds are removed before the grape is dried. Apparently the flavour is quite different. Which leads me to my next discovery.

Golden raisins (which have always been my favorite in terms of flavour— but I didn't know why until now), are made from muscat grapes

that have been seeded and then dried. However, some golden raisins are actually made from the same grape as dark raisins, but they've been treated with sulfur dioxide to keep them light.

Dark raisins are actually made from green grapes, but they darken as they dry and age. Wow— who knew?! But here's where it gets confusing. Some websites say that sultanas and Thompson raisins are the same thing, others say that sultanas are bigger, some avoid the question.

I think the one that made the most sense to me is that "sultana" is the species of green grape from which all dark raisins are made. "Thompson seedless" is one of several varieties of the sultana.

For today's recipe and all the recipes that I can think of, you can use all varieties interchangeably— so go get the ones you like most!

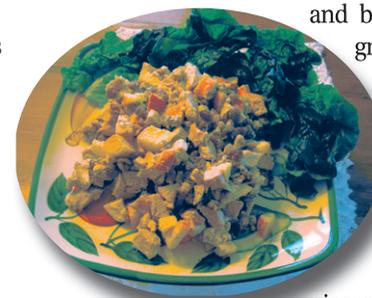
Have fun and keep cooking!

## Chicken Waldorf Salad

### INGREDIENTS

Serves 6

- 3 boneless, skinless chicken breasts
- 1/2 tsp dried parsley
- 1/4 tsp paprika
- 1/2 tsp dried thyme leaves
- coarse salt and freshly ground black pepper
- 2 apples (Royal Gala are nice for this recipe), cored and chopped
- 1/2 cup chopped walnuts
- 1/3 cup chopped celery
- 1/2 cup sultana raisins
- 1/2 cup halved red or green grapes
- 1/4 cup diced Spanish onion
- 1/2 cup mayonnaise
- 2 tbsp sugar
- 2 tbsp apple cider vinegar



### METHOD

1. In a large bowl, mix coat chicken breasts with parsley, paprika, thyme and a sprinkle of both salt and pepper.
2. Place on a parchment-lined baking sheet and bake in a preheated 350 F degree oven for approximately 30 minutes or until chicken has reached 170 degrees F. and is completely white when you cut into it.
3. Remove from the oven and allow to cool.
4. Chop chicken into bite-sized pieces and mix together with the apples, walnuts, celery, raisins, grapes and onions.
5. In a separate bowl, mix mayonnaise, sugar and cider vinegar. Add to the chicken mixture. Toss well. Taste and add salt and pepper if required.



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