



NECTARINE AND CHOC CHIP PIKELETS

- 1 pack pancake mix
- 30g butter
- ½ cup dark choc bits
- 1 cup / 250ml maple syrup
- 4 yellow nectarines (cut into thin wedges)

4

Serves

15

Prep Time (mins)

1. Prepare pancake mix following the directions on the pack.
2. Melt a little butter in a frypan, add ¼ cup of the pancake mix, sprinkle with some choc bits. Cook until bubbles appear on the surface, flip and cook until golden. Repeat with the remaining mix and choc bits.
3. Heat maple syrup and nectarines and bring to boil, cook until nectarines are soft. Serve stacks of pancakes topped with nectarines in syrup.



CHICKEN AND APRICOT SKEWERS

- 16 kaffir lime leaves
- 750g chicken thigh fillets (cut into 3cm cubes)
- 8 apricots (halved with stones removed)
- 3 spring onions
- 2 limes (cut into quarters)
- 2 tablespoons sweet chilli sauce

8

Makes

15

Prep Time (mins)

1. Soak 8 bamboo skewers in cold water for 15 minutes.
2. Thread kaffir lime leaves, chicken, spring onions, apricots and lime wedges onto skewers.
3. Cook skewers on a lightly oiled barbeque grill until tender, brush with sweet chilli sauce in the last 5 minutes of cooking.



PEACH AND PROSCIUTTO SALAD

- 120g baby rocket
- 70g parmesan (shaved)
- 100g finely sliced prosciutto
- 4 white peaches (halved with stones removed)
- Cracked black pepper
- Extra virgin olive oil

4

Serves

5

Prep Time (mins)

1. Arrange rocket, parmesan shavings, prosciutto curls and peach halves onto plates.
2. Top with cracked black pepper and drizzle with extra virgin olive oil.



PLUM AND YOGHURT MUESLI

- 8 blood plums (halved with stones removed)
- ½ cup brown sugar
- 400g thick Greek yoghurt
- 1½ cups toasted muesli

4

Serves

10

Prep Time (mins)

1. Place the plums onto a baking dish lined with baking paper, sprinkle with brown sugar and ½ cup water, cook under a pre-heated grill until the plums are soft.
2. Divide half the plums between four serving glasses, top with yoghurt, muesli and finish with remaining plums and syrup.

SELECTION TIPS:

Select peaches and nectarines that range in colour from red through to pink with a yellow/orange background. Fruit will generally lose its sheen as it ripens. The sweetest fruit has small white spots (speckle) on the top half.

Plums come in a range of colours and generally become dull just before they are ready to eat.

Apricots vary from yellow to orange with a red 'blush'. Wait until they lose any green.

Stonefruit is best just as it starts to soften. It should 'give' slightly when squeezed and have a delicate sweet fragrance.

STORAGE TIPS:

Handle carefully, store at room temperature, only store in fridge when fruit softens and develops a sweet fragrance.



PEACH WEDGES DIPPED IN CHOCOLATE

6 large yellow peaches (cut into thick wedges)
200g white chocolate (melted)
1/2 cup shredded coconut
200g dark chocolate (melted)
60g pistachio kernels (roughly chopped)

- Serves **6**
- Prep Time (mins) **10**
1. Dip half the peach wedges into melted white chocolate and gently press into the coconut. Place onto a baking tray lined with baking paper.
 2. Dip the remaining peach wedges into melted dark chocolate and gently press into the pistachios. Place onto baking tray lined with baking paper.
 3. Chill until set.



FRUITY NECTARINE COCKTAILS

6 yellow nectarines (chopped)
3 white nectarines (chopped)
1 1/2 litre chilled cranberry & apple juice
6 mint sprigs

- Makes **6**
1. Puree the yellow nectarines and divide between 6 glasses.
 2. Carefully pour the cranberry & apple juice on top of the puree, top with a little chopped white nectarine and garnish with mint sprig.

Prep Time (mins) **10**

To make a refreshing summer cocktail, replace half of the cranberry & apple juice with chilled rose wine.



BARBEQUED FISH AND NECTARINE SALAD

4 thick firm white fish fillets (eg. snapper, barra)
3 white nectarines (chopped)
4 yellow nectarines (chopped)
1 large red chilli (seeded and sliced)
2 spring onions (sliced)
1/2 cup coriander sprigs
1/2 teaspoon sesame oil
2 tablespoons fish sauce
1 tablespoon brown sugar

- Serves **4**
- Prep Time (mins) **10**
1. Cook the fish fillets on a lightly oiled barbeque hot plate until tender.
 2. Combine the nectarines, chilli, spring onion and coriander.
 3. Whisk together the sesame oil, fish sauce and brown sugar, drizzle over salad, toss to coat. Serve the fish topped with the salad.



COOL NECTARINE ICE BLOCKS

2 yellow nectarines (cut into thin slices)
1 1/2 cups orange juice
6 ice block moulds

- Makes **6**
1. Divide the nectarine between the ice block moulds.
 2. Fill up with orange juice and freeze overnight or until frozen.

Prep Time (mins) **10**

