



Summerfruit Recipe Booklet



Peaches, plums, nectarines and apricots are delicious fresh but also make a versatile ingredient in sweet and savoury dishes.

SWEET

APRICOT JAM AND COCONUT SLICE

This delicious slice is a crowd pleaser.

Method (Makes 16)

1. To make the apricot chia jam, place apricots, water and honey into a saucepan over medium heat. Bring to the boil, reduce heat and simmer, covered for 10 minutes or until apricots are soft. Mash with a fork until smooth. Add chia seeds and stir until combined. Cool. Place in an airtight container in the fridge until needed.
2. Preheat oven to 180°C/160°C fan forced. Grease and line a 30cm x 20cm slab pan with baking paper. Using an electric beater, beat butter, sugar and vanilla until light and fluffy. Add egg and beat until just combined. Stir flour and desiccated coconut into butter mixture. Spoon mixture into prepared pan and spread evenly with the back of a spoon. Bake for 15 minutes or until light golden. Cool.
3. Spread apricot jam over slice. Combine shredded coconut and extra sugar in a bowl. Add the extra egg and stir until combined. Spoon and spread mixture over jam. Bake for 25 minutes or until golden. Cool. Remove from cake pan and cut into fingers to serve.

Ingredients

125g butter, softened

1/3 cup caster sugar

1 teaspoon vanilla extract

1 egg

1 1/2 cups self-raising flour

1/2 cup desiccated coconut

2 cups shredded coconut

extra 1/4 cup
caster sugar

extra 1 egg, whisked

Apricot Chia Jam

4 apricots, halved, stone removed,
chopped (250g)

1 1/2 tablespoons water

1 tablespoon honey

1 tablespoon white chia seeds



SUMMERFRUIT & YOGHURT MUESLI POTS

*A quick and easy breakfast
or anytime snack.*

Method (Serves 4)

1. Place the nectarines/peaches or plums onto a baking dish lined with baking paper, sprinkle with brown sugar and 1/2 cup water, cook under a preheated grill until the nectarines are soft.
2. Divide half the grilled fruit between four serving glasses, top with yoghurt, muesli and finish with remaining nectarines and syrup.

Ingredients

8 nectarines, peaches, apricots, or plums, halved with stones removed

1/2 cup brown sugar

400g thick Greek yoghurt

1/2 cup toasted muesli



CHOC CHIP PANCAKES WITH MAPLE NECTARINES

Simple and simply delicious.

Method (Serves 4)

1. Prepare pancake mix following the directions on the packet.
2. Melt a little butter in a fry pan, add ½ 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 the maple syrup and nectarines and bring to boil, cook until the nectarines are soft. Serve stacks of pancakes topped with nectarines in syrup.

Ingredients

1 bottle pancake mix

30g butter

1/2 cup dark choc bits

1 cup/250ml maple syrup

4 yellow or white nectarines,
stones removed and cut into
thin wedges



NECTARINE WEDGES DIPPED IN CHOCOLATE

*Officially serves 6, but
beware of how popular
this dish can be.*

Method (Serves 6)

1. Dip half the nectarine wedges into melted white chocolate and gently press into the coconut. Place onto a baking tray lined with baking paper.
2. Dip the remaining nectarine wedges into melted dark chocolate and gently press into the pistachios. Place onto baking tray lined with baking paper. Chill until set.

Ingredients

6 large yellow or white nectarines, stones removed and cut into thick wedges
200g white chocolate, melted

1/2 cup shredded coconut 200g dark chocolate, melted

60g pistachio kernels, roughly chopped



ROASTED PLUM SORBET

This sorbet is the perfect way to enjoy the Queen Garnet after the fresh fruit season is over. Incredibly rich, all you need is a spoonful to add depth to your favourite desserts.

Method

1. Preheat oven to 180°C.
2. Halve all plums, keeping pits intact.
3. Line a rimmed roasting pan with baking paper and place the plums in the pan facing up.
4. Evenly coat the plums with the 1.5 tbsp granulated sugar.
5. Place the vanilla stick and vanilla bean between the plums.
6. Leave in the oven for 35 minutes. The plums should be tender and juicy.
7. Cool plums to room temperature.
8. Remove the pits, cinnamon stick and vanilla bean from the plums.
9. Place plums in food processor or blender and blend until smooth.
10. Filter puree through a sieve.
11. In a small saucepan, add the cold water and 3/4 cup granulated sugar.
12. Bring to boil and then simmer for 2 minutes.
13. Add sugar syrup to plum puree.
14. Freeze mixture in shallow container, whisking every couple of hours to breakdown the ice crystals (you may need to whisk more frequently than this depending on the temperature in your freezer).
15. You may need to transfer the product to a food processor when the sorbet is completely frozen to make it smoother.
16. Transfer to container and leave overnight until firm.

Ingredients

1 vanilla bean	3/4 cup granulated sugar
1 cinnamon stick	for sugar syrup
800g plums (rinse and pat dry)	3/4 cup cold water
5 tbsp granulated sugar for roasting plums	



POACHED PEACHES WITH PAVLOVA

An iconically Australian dessert – just peachy!

Method

1. Preheat oven to 120°C/100°C fan forced. Draw 6 x 10cm circles on a sheet of baking paper. Arrange paper, pencil side down on a large baking tray.
2. In the large bowl of a stand mixer, whisk egg whites and salt on high speed until firm peaks form. Gradually add sugar, 1 tablespoon at a time, beating well after each addition until sugar dissolves. Beat for a further 3 minutes or until mixture is thick, stiff and glossy.
3. Divide meringue between circles and use a palette knife to spread evenly. Bake for 1 hour 30 minutes or until crisp and dry. Turn off oven and leave door ajar for meringue to cool completely.
4. Meanwhile, combine extra caster sugar and water in a saucepan. Stir over a medium heat until sugar dissolves and mixture comes to the boil. Reduce temperature to medium low. Add peach wedges and cook for 5 minutes or until softened. Remove from heat and cool.



5. Beat cream until soft peaks form. Fold sour cream into cream. Place pavlovas onto a serving platter. Spoon cream onto pavlovas. Top with peach wedges and poaching syrup. Dust with icing sugar and serve.

Ingredients

- 4 egg whites
- 1/4 teaspoon salt
- 1 cup caster sugar
- extra 1 1/2 cups caster sugar
- 3/4 cup water
- 4 peaches, each cut into 12 wedges
- 3/4 cup thickened cream
- 1/2 cup sour cream
- 2 tablespoons icing sugar

Note: If you're short on time, simply buy ready-made pavlova cases and top with the whipped cream mixture and poached peaches.



SAVOURY

STICKY ASIAN PORK BELLY WITH PLUMS

A delicious combination of rich and satisfying flavours

Method (Serves 4)

1. Preheat oven to 220°C/200°C fan forced. Cut 4 x 2cm deep cuts into under-side of pork. Place, skin side up, in a roasting pan and rub with oil and sea salt. Roast in oven for 45 minutes.
2. Meanwhile, for the plum sauce, chop 2 of the plums and place in a small food processor. Add the sugar, orange rind, ginger and garlic. Process until combined and smooth. Pour the puree into a saucepan over medium heat. Add the stock, honey, orange juice, soy sauce, rice wine, sesame oil, cinnamon and star anise. Bring to the boil, then reduce heat to medium-low and simmer for 30 minutes or until reduced by half and thickened to a smooth sauce.
3. Pour mixture around pork, taking care not to cover skin. Add remaining plum halves around the pork and return to oven to roast for a further 30 minutes or until pork is cooked through and crackling is crisp.
4. Transfer pork to a chopping board. Stand for 5 minutes then thinly slice. Serve with sauce and plums from roasting pan, rice and green onion.

Ingredients

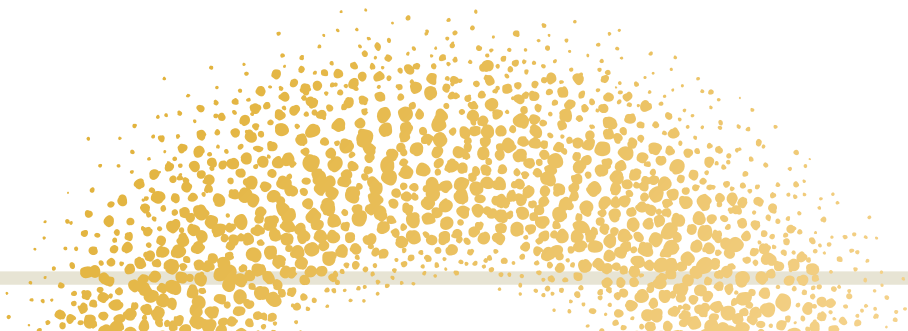
1.4kg pork belly, scored

1 tablespoon olive oil

1 tablespoon sea salt flakes

Steamed jasmine rice, to serve

Shredded green onion, to serve



Plum Sauce

- 6 plums, halved, stone removed
- 1/2 cup firmly packed brown sugar
- 1 orange, finely grated rind, and juice
- 6 thin slices peeled fresh ginger
- 3 garlic cloves sliced
- 1 cup chicken stock
- 2 tablespoons honey
- 1/3 cup soy sauce
- 1/4 cup Chinese rice wine
- 1 teaspoon sesame oil
- 2 cinnamon sticks
- 2 star anise



ASIAN SUMMER FISH

This tangy nectarine salsa is paired perfectly with fish.

Method (Serves 4)

1. tablespoon fish sauce
2. 1 tablespoon brown sugar
3. Cook the fish fillets on a lightly oiled barbecue hot plate until tender.
4. Combine the nectarines, chilli, spring onion, coriander.
5. Whisk together the sesame oil fish sauce and brown sugar, drizzle over salad, toss to coat. Serve the fish topped with the salad.

Ingredients

Thick firm white fish fillets – Local Fish

White or yellow nectarines, stones removed and chopped

1 large red chilli seeded and sliced

2 spring onions sliced

1/2 cup coriander sprigs

1/2 teaspoon sesame oil



CHICKEN AND APRICOT SKEWERS

An Asian version of “apricot chicken” with flavours of Kaffir and lime adding balance to the sweetness of apricots.

Method

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

Ingredients

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



MIDDLE EASTERN-STYLE NECTARINE, HALOUMI & FREEKEH SALAD

There's a multitude of brilliant ways to enjoy Australian summerfruit; fresh or cooked, sweet or savoury. This recipe showcases Summerfruits' versatility in the kitchen.

Method (Serves 4)

1. Place freekeh and 3 cups of water in a medium saucepan over high heat. Bring to the boil, reduce heat and simmer, covered, stirring occasionally for 25-30 minutes or until freekeh is tender and water is evaporated. Transfer to a large bowl and cool.
2. Place haloumi slices onto paper towel and pat dry. Brush with olive oil on both sides. Heat a non-stick frying pan over a medium heat. Cook haloumi slices for 2-3 minutes on each side or until golden. Transfer to a plate. Brush nectarine wedges with oil and cook in frying pan, for 2 minutes each side or until golden. Transfer to a plate with haloumi.



3. Whisk remaining oil, lemon juice, pomegranate molasses, honey, chilli flakes, salt and pepper in a jug. Add three-quarters of the parsley leaves to freekeh. Drizzle with half the dressing. Toss until combined. Arrange lettuce leaves on a serving platter and top with the freekeh mixture, haloumi, nectarines, pomegranate arils and remaining parsley leaves. Drizzle with remaining dressing. Serve.

Ingredients

1 cup freekeh

225g packet haloumi, cut into 1cm thick slices, then halved lengthways

1/2 cup olive oil

3 nectarines, cut into 8 wedges

1 lemon, juiced

2 tablespoons pomegranate molasses

2 teaspoons honey

1/2 teaspoon dried chilli flakes

1/2 cup small flat-leaf parsley leaves

1 baby cos lettuce, leaves separated, torn into large pieces

2 tablespoons pomegranate arils, optional



ROCKET, NECTARINE, PROSCIUTTO AND PARMESAN SALAD

*A perfect combination of
sweet and salty.*

Method (Serves 4)

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

Ingredients

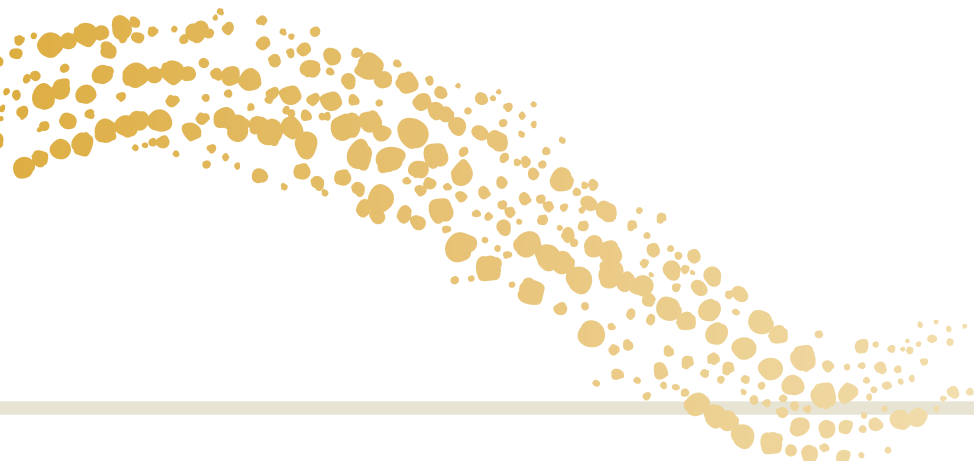
120g baby rocket

70g parmesan, shaved 100g finely sliced prosciutto

4 white or yellow, nectarines halved with stones removed

cracked black pepper

extra virgin olive oil



SIPPING

NECTARINE SUNRISE

A refreshing twist on a summer classic.

Method (Serves 6)

1. Puree the yellow nectarines and divide between 6 glasses.
2. Carefully pour the cranberry juice on top of the puree, top with a little chopped white nectarine and garnish with mint sprig.
3. Replace half of the cranberry and apple juice with chilled rose wine to make a refreshing summer cocktail.

Ingredients:

6 yellow nectarines, stones removed and chopped
3 white nectarines, stones removed and finely chopped
1.5litre chilled cranberry and apple juice
Mint sprigs

SPARKING PEACH SUNRISE

Clarity and drama in a glass.

Method (Serves 1)

1. Prepare a glass filled with ice and pour the peach juice.
2. Add the soda
3. Carefully add the grenadine into the glass.
Serve and enjoy.

Ingredients:

1/3 cup peach juice
1/3 to 1/2 cup lemon-lime soda
1 1/2 tbsp Grenadine (or other red syrup)



NUTRITION AND HEALTH



PEACHES

Peaches provide potential health benefits, including improved digestion, a healthy heart, a strong immune system and improved allergy symptoms.

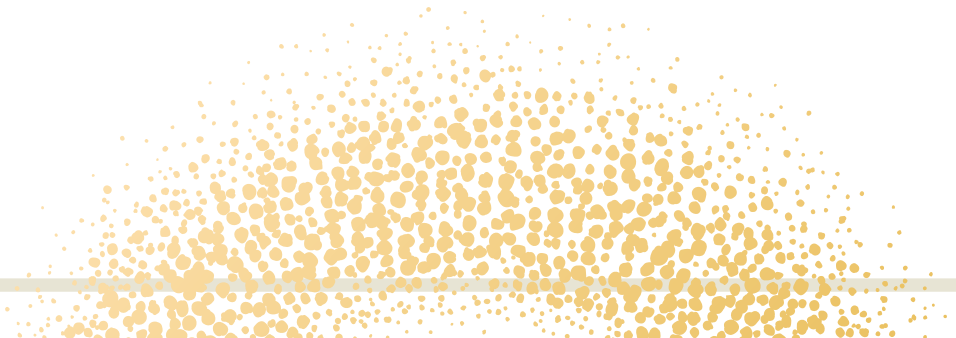
They are also a moderate source of potassium, which is an important nutrient to help control blood pressure. They are also rich in vitamins A, C and E and are a great source of dietary fibre and antioxidants.



NECTARINES

Rich in vitamins A, C and K, potassium, copper and manganese, plums are also a good source of fibre which can help promote a healthy digestive system.

The potassium in plums may help with blood pressure control. Plums are also rich in antioxidants. They are full of fibre, and they can contribute to your body's production of adiponectin, a hormone that helps regulate your blood sugar levels.



BENEFITS



PLUMS

Nectarines are full of antioxidants and contain vitamins, minerals and fibre. Among their other benefits, they support iron absorption, can assist with weight loss, and enhance skin health.

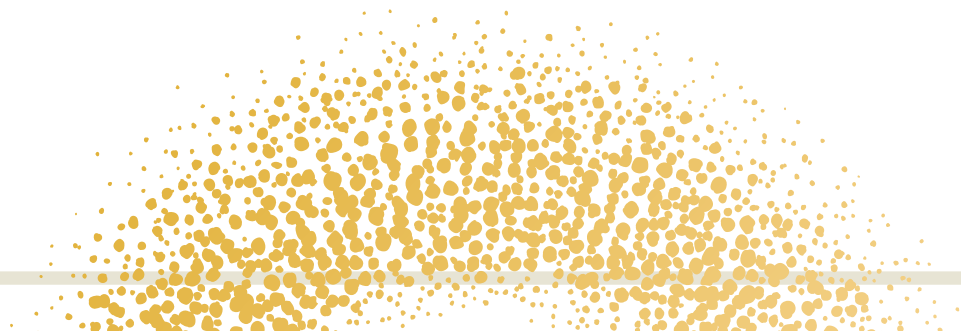
They also contain niacin which is great for keeping your digestive system and skin healthy, getting that great Australian summer glow.



APRICOTS

Apricots are low in fat but rich in vitamin A and beta-carotene. These nutrients act as antioxidants to protect your cells from damage.

Apricots are also a good source of flavonoids, an antioxidant that helps to protect against inflammation and inflammatory illnesses, along with reducing your risk for obesity, diabetes, and heart disease.





For more inspiration,
head to summerfruit.com.au/recipes