

Mectarine Recipes



NECTARINE CHUTNEY

4 nectarines- coarsely chopped

¹/₃ cup golden raisins

3 tbsp packed brown sugar

1 tsp crystallized ginger, chopped

1/4 tsp crushed red pepper

½ tsp lemon juice

1 small onion

¼ cup cider vinegar

1 tsp grated lemon peel

34 tsp ground allspice

1/4 tsp salt

½ tsp of chilli

Mix all ingredients in 3 quart (3 litre) saucepan.

Heat to boiling; reduce heat to low.

Simmer uncovered for about 30 minutes, stirring occasionally, until thickened.

Can be mashed or left chunky.

Store tightly covered in fridge for up to 2 months.





TOPPED FRUIT

½ cup roughly chopped cashews

½ cup shredded coconut

1/4 cup rolled oats

½ tsp cinnamon

2 tbsp melted butter

1/4 cup brown sugar or rice syrup

4 plums, halved, stones removed

4 apricots, halved, stones removed

4 nectarines, halved, stones removed

Zest and juice of 1 lime or lemon

Preheat oven to 180C

To make crumble mixture combine cashews, coconut, oats, cinnamon, butter and sugar.

Place fruit on oven tray cut side up. Sprinkle with lime zest and juice and top with crumble mixture

Bake fruit for 10 minutes until softened but not collapsed, then grill for further 5 minutes until crumble is crispy and lightly browned.

Serve warm with mascarpone, garnish of lime zest and squeeze of lime juice.

Or if in a rush simply roast the fruit.....

Cut fruit in half (try nectarines, peaches, apricots)

Drizzle with either honey, brown sugar or a sweet wine

Roast in preheated oven (180 C) till flesh soft (cooking time vary depending on size and ripeness of fruit)

Serve with ice cream, marscapone, custard — whatever tickles your fancy!!

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