



Frozen food cooking suggestions - fruit

Chestnuts

Boil or steam equal quantities of chestnuts and Brussels sprouts. Fry an onion and some celery stalks in a little butter and grated lemon rind for 2-3 minutes. Add the chestnuts and sprouts and continue to cook for a further 2-3 mins. Season and serve immediately.

Apple Slices

Place a layer of apples into a lined, well buttered sponge tin. Sprinkle over 100g brown sugar & cinnamon. Cover with short crust pastry and cook in a moderate oven for 40 mins. To serve, allow to cool slightly and turn upside down onto a serving dish, delicious with double cream or ice cream.

Summer Fruits – Summer Pudding

Gently cook about 1kg of fruit with 227g sugar for about 5 mins. Line a 1.7 litre pudding bowl with thin slices of white bread. Fill with fruit and cover with slices of bread. Place weights on top and chill overnight. Turn out onto a flat serving place to.

Rhubarb

Poach in a sugar syrup with a squeeze of lemon juice for 5-8 mins. Serve with custard, cream, ice cream and a meringue.

Cherry Berry Mix – Brulée

Place a layer of mix into a quiche tin, whip together 150ml double cream and 100g caster sugar. Fold in 150ml plain yoghurt. Spread over the fruit. Sprinkle over 75g soft sugar and place under grill until melted. Chill well before serving.

Blackcurrants – Coulis

Sprinkle 75g caster sugar over 225g blackcurrants. Leave to soak for 1 hour. Process or sieve as desired. Delicious served over Greek yoghurt, fromage frais or ice cream.

Gooseberries – Gooseberry Cobbler

Place 900g gooseberries in a baking dish and sprinkle with 100g caster sugar and 2 tablespoons of elderflower cordial. Cover with small rounds of scone mixture. Bake in a moderate oven for about 30 mins.

Californian fruit salad – Californian sundae

Sprinkle with orange juice and allow to defrost. Fill sundae glass with layers of fruit and greek yoghurt or fromage frais.

Blueberries – Blueberry Pancakes

Gently heat blueberries with sugar to taste. Serve with freshly made pancakes and whipped cream. A great idea for brunch.

Blackberries – Blackberry Jam

Simmer 1kg of blackberries with 120ml water and the juice of half a lemon in an open pan for about 30 minutes. Remove from heat and stir in 1kg jam sugar and a knob of butter. Boil rapidly for 4 minutes until setting point is reached. Pot and cover.

Dark Sweet Cherries – Chocolate Cherry Sundae

Add a little sugar to the dark sweet cherries and heat gently. Layer sundae glasses with a mixture of cherries, vanilla ice cream and chocolate sauce. Top with whipped cream and a chocolate flake.

For further advice, please contact Priory Farm Shop on 01737 822603 www.PrioryFarm.co.uk