

Take a fresh look at summer fruit : mouthwatering ways to enjoy new experiences with fruit / J. Sainsbury plc.

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SAINSBURY'S

*Take a fresh look at
summer fruit*



Mouthwatering ways to enjoy new experiences with fruit



Fruity ideas from around the world

Sainsbury's has travelled the world, searching out unusual types of fruit to add a splash of originality, colour and taste to your fruit bowl and cooking.

Wherever we are in the world, we always go to great lengths to ensure Sainsbury's fruit is chosen with the attention to freshness, innovation, quality and the good value you've come to expect.

Browse through this leaflet for tips on how to serve and eat unusual types of fruit.

We have also added advice on how to use different varieties in your cooking to transform any dish into a delicious experience.

Apples and pears

We are always searching for new varieties of these popular fruits. The Fuji apple comes from as far away as New Zealand and is crisp, crunchy and exceptionally sweet.

The Braeburn also hails from distant shores such as New Zealand or South Africa and has a sharper taste and crisp, juicy texture. Red Forelle pears have a sweet flavour when ripe and are perfect for eating on their own, with cheese or as a cooking ingredient.

Pear and Almond Flan

For the pastry:

175g (6oz) plain flour
1 tablespoon icing sugar
125g (4oz) butter, melted
1 tablespoon water

For the filling:

3 small pears
250g (8oz) Creamery full fat soft cheese
2 eggs, size 3
3 tablespoons icing sugar
1 tablespoon lemon juice
1 teaspoon almond essence
25g (1oz) flaked almonds

To decorate: 1 teaspoon icing sugar

1. To make the pastry, place the flour and icing sugar in a bowl and stir in the butter and water.
2. Bring together to form a stiff dough and press into a 20cm (8 inch) fluted flan case.
3. Bake blind in a preheated oven 200°C, 400°F, Gas Mark 6 for 10 minutes.
4. Remove and reduce the oven temperature to 180°C, 350°F, Gas Mark 4.
5. Cut the pears in half, peel 3 of the halves, and remove the cores. Cut each pear crossways into slices 1cm (½ inch) thick and place in the pastry case alternating the peeled and unpeeled halves, slightly fanning out.
6. Beat together the cheese, eggs, icing sugar, lemon juice and almond essence and pour over the pears.
7. Sprinkle with the almonds and place in the oven for 50-60 minutes, until set and slightly golden.
8. Dredge with icing sugar and serve.

Cooking Time:

60-70 minutes

Serves: 6





Lime

Limes are cousins of the lemon and grown in tropical and sub-tropical conditions. They can be used as an original and imaginative alternative to lemons in most dishes, however use them more sparingly than lemons as the tangy taste of lime juice is much stronger.

Summer Fruit Syllabub

350g (12oz) mixed summer fruits
eg: strawberries, raspberries,
blackberries, blueberries

284ml (10 fl.oz) carton double cream

25g (1oz) caster sugar

grated rind and juice of 2 limes

3 tablespoons marsala
or medium dry sherry

To decorate: extra fruit, mint sprigs

1. Divide the summer fruits between four tall glasses.
2. Whisk the cream until thick, then add the sugar, lime juice and zest and marsala or sherry.
3. Pile the syllabub on top of the fruit and chill.
4. Decorate with the fruit and mint sprigs and serve.

Serves: 4



Apple Creams with Berry Coulis

750g (1 1/2 lb) Fuji or Braeburn apples,
peeled, cored and chopped

50g (2oz) caster sugar

4 tablespoons water

2 tablespoons lemon juice

2 x 11g (0.4oz) sachets gelatine,
dissolved in 150ml (1/4 pint) hot water

500ml tub Sainsbury's crème fraîche

For the Berry Coulis - 1 punnet
raspberries, or blackberries

2 level tablespoons caster sugar

4 tablespoons water

To decorate: 1 Fuji or Braeburn apple,
thinly sliced. Fresh mint

1. Place the apples in a pan with the sugar, water and lemon juice. Simmer gently, with the lid on, for 5-6 minutes until soft.

2. Cool slightly, then place in a blender or food processor and blend until smooth.

3. Spoon into a bowl and stir in the dissolved gelatine and Sainsbury's crème fraîche. Pour or spoon the mixture into 4-6 individual serving dishes and chill for at least 2 hours, until set.

4. To make the coulis, place the berries, sugar and water in a pan and simmer for 5 minutes, breaking down the berries with the back of a spoon. Press through a sieve to remove the pips, pour the juice into a jug and reserve.

5. Turn the apple mousse out onto individual serving plates. Pour a little berry coulis around the edge and decorate with the apple slices and mint leaves.

Cooking Time: Approximately
10 minutes

Serves: 4-6

Soft fruit

Whilst a limited selection of soft fruit is available throughout the year, the season itself is short so make sure you take advantage of it. We make every effort to ensure our soft fruit arrives at our stores within 24 hours of picking so it reaches you at its very best. All soft fruit is best eaten on the day of purchase or should be stored in a refrigerator for a day or two. You can also freeze soft fruit; simply wash and dry in an open tray and pack into rigid containers. Defrost in the fridge for 6 - 8 hours, at room temperature for 2 - 4 hours, or place the container in warm water for about 30 minutes.

Stone fruit

Sainsbury's peaches and apricots grow in the sunny climates of countries renowned the world over for producing sweet and juicy fruit. Delicious eaten on their own, they can also add a delicate touch of flavour to cold meat dishes and round a meal off wonderfully in pies, cheesecakes, fruit salads and ice cream. Choose white peaches if you're looking for a sweeter flavour and yellow peaches for an aromatic flavour and firm texture.

Peach and Apricot Cheesecake


175g (6oz) ginger biscuits, crushed
50g (2oz) butter, melted
200g carton Creamery full fat soft cheese
284ml (10.fl.oz) carton whipping cream
75g (3oz) caster sugar
2 white peaches, chopped
4 apricots, chopped
2 teaspoons lemon juice
11g (0.4oz) sachet gelatine, dissolved in
3 tablespoons boiling water
To decorate: 3 apricots, sliced.
Fresh mint sprigs

1. Mix together the biscuits and butter and press into the base of an 18cm (7 inch) loose bottom cake tin.
2. Place the soft cheese, whipping cream and sugar in a bowl and whisk until thick.
3. Stir in the peaches, apricots, lemon juice and dissolved gelatine and spoon into the prepared cake tin.
4. Place in a refrigerator for at least 2-3 hours until set.
5. Remove from the tin and decorate with the sliced apricots and mint.

Serves: 6-8

Soft fruit

Clockwise from top:
Blackberry
Loganberry
Strawberry
Blueberry
Raspberry
Tayberry



Pineapple

A delicious tropical fruit, the pineapple not only adds a tangy taste to fruit salads, but its perfume and texture perfectly complements savoury food such as shellfish, gammon or chicken.

Tropical Treasures

Our tropical fruit selection carries a wide choice of delicious, unusual fruits which are bursting with taste and can add a whole new dimension to your cooking. Brought to you from different corners of the world, Sainsbury's goes to great lengths to ensure the fruit arrives in our stores in tip-top condition.

Paw paw

The Paw Paw is native to tropical America, known for its versatility and even rumoured to have curative properties. Paw Paws have a smooth yellow-green skin and pinky flesh when ripe; cut them in half and remove the seeds, then eat with a spoon or cut into slices.

This succulent fruit has a flavour similar to the apricot and is excellent with savoury dishes or as an exciting addition to a fruit salad.

Kiwi

Kiwi fruit is available all year round, delicious on its own and perfect for decorating summer flans and desserts. Why not try it as a snack? Simply cut the top off and dip into it with a spoon - in the same way as you might eat a boiled egg!

Star fruit

If you want to add elegance and interest to your cuisine, why not be adventurous and try star fruit as an attractive decoration to flans and fruit salads? Simply lie the star fruit on its side and slice vertically to create the 5-star shape, remove the seeds but do not peel.



Cantaloupe

The canteloupe has the most intense flavour of all fruit in the melon family. Try it on its own with sugar or ginger, or serve as a starter with Parma ham.

Chocolate Pastry Basket with exotic fruits

125g (4oz) plain flour
25g (1oz) cocoa
125g (4oz) icing sugar
75g (3oz) butter, melted
1 tablespoon water
142ml (5fl.oz) carton double cream
2 x 150g cartons natural Greek yogurt
selection of exotic fruits eg. cantaloupe melon balls, pawpaw, physalis, starfruit, kiwi and pineapple
To decorate: fresh mint leaves

1. Sift the flour, cocoa and half the icing sugar into a bowl, then stir in the melted butter and water. Knead a little to form a soft dough and press the pastry into the base and up the sides of an 18cm (7 inch) round loose-based cake tin.
2. Line with greaseproof paper and baking beans and bake blind in a preheated oven 200°C, 400°F, Gas Mark 6 for 20 minutes, removing the paper and beans for the last five minutes.
3. Leave in the tin for five minutes then remove and allow to cool on a wire rack.
4. Whip together the cream, yogurt and remaining icing sugar, sifted. Spoon into the chocolate case.
5. Arrange the prepared exotic fruits on top, decorate with mint leaves and serve.

Cooking Time: 25 minutes
Serves: 6



Physalis

Otherwise known as the Cape Gooseberry, the actual berry is enclosed in a papery 'Chinese lantern'. Remove the lantern to reveal an orange-red berry with small, edible pips. The fragrant and pleasantly tart berries make excellent petit four when wrapped in fondant.

Lychee

Native to China, lychees have a perfumed aroma and add a delicious tropical touch to fruit salads. To prepare, peel off the outer skin, cut in half and remove the stone.

Mango

The skin of the mango may be green, red, golden or orange depending on its origin, but the flesh is always a beautiful golden yellow. Mango is unforgettable when eaten on its own; alternatively it can be sliced and added to a fruit salad or served with lightly flavoured oriental style food and savoury dishes.

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Not all fruits are available in all stores and, due to weather conditions, some soft fruits have a very short season.
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