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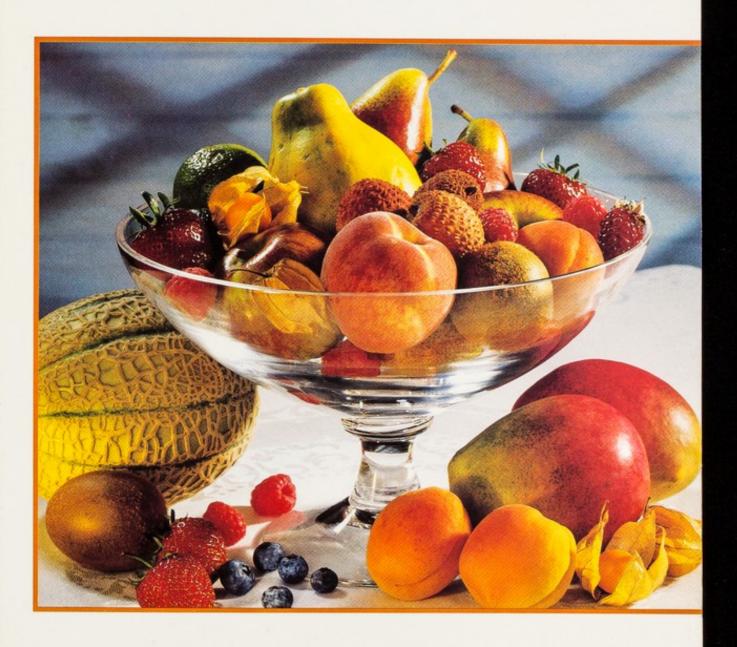
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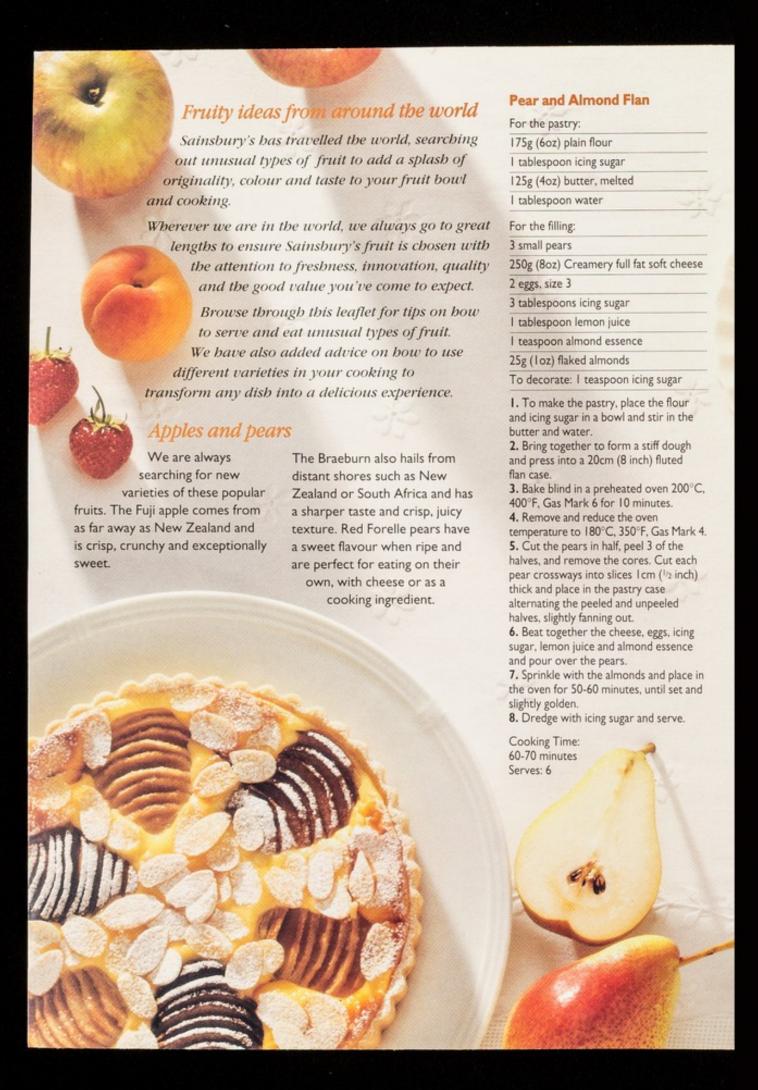


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Take a fresh look at summer fruit



Mouthwatering ways to enjoy new experiences with fruit





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 (Toz) caster sugar

grated rind and juice of 2 limes

3 tablespoons marsala or medium dry sherry

To decorate: extra fruit, mint sprigs

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

Serves: 4

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.

Apple Creams with Berry Coulis

750g (1½1b) 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, dissovled in 150ml (1/4 pint) hot water

500ml tub Sainsbury's crème fraîche

For the Berry Coulis - I punnet raspberries, or blackberries

2 level tablepoons caster sugar

4 tablespoons water

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

 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.
- 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.
- 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



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

I Ig (0.4oz) sachet gelatine, dissolved in 3 tablespoons boiling water

To decorate: 3 apricots, sliced. Fresh mint sprigs

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.



Soft fruit Clockwise from top: Blackberry Loganberry Strawberry Blueberry Raspberry Tayberry





anteloupe

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 (loz) cocoa 125g (4oz) icing sugar

75g (3oz) butter, melted

I tablespoon water

142ml (5fl.oz) carton double cream

2 x 150g cartons natural Greek yogurt selection of exotic fruits eg. cantaloupe melon balls, pawpaw, physallis, 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.



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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.

J Sainsbury plc Stamford Street London SE1 9LL Not all fruits are available in all stores and, due to weather conditions, some soft fruits have a very short season. Printed on chlorine-free paper. 729/323