

FRUIT PASTE - IDEAS FOR USE

There are so many uses for fruit pastes beyond the accompanying of your favourite cheese. You will never stop finding new ways and new taste sensations when using fruit pastes as an ingredient in cooking.

Pear Paste



Pear & Ginger Pork Spareribs

- Combine 1T soya sauce, 1 1/2t chopped ginger, 1t chilli, 1/2 120g container chopped **pear paste**, 2T wine and 1/2C water.
- Pour over spareribs. Bake for 45mins at 180C. Baste frequently during cooking.

Pork Fillets with Kumara & Pear Stuffing

- Peel & boil 2 small kumara until tender.
- Blend kumara with half round of pear paste until smooth.
- Season with salt & pepper.
- When mix is cool spoon onto 2 small flattened pork fillets.
- Roll the fillet around the stuffing and tie with string at close intervals so it does not burst open.
- Roast at 200C for 30-35mins. Serve with jus.

Quince Paste



Quince Paste Chocolates * Recipe courtesy of Chef Ruth Pretty, Wellington, New Zealand

- Place 5.3 – 7.1oz/ 150-200g dark chocolate (70% if possible) into a small bowl and sit over a pot of simmering water. Make sure the pot fits the bowl tightly so that steam doesn't fall back into chocolate.
- When the chocolate is half melted, remove bowl from pot and stir until chocolate is fully melted
- Take 5.3oz/ 150g **quince paste**. Trim and cut to make approx. 20 x 1.5cm/0.6" cubes.
- Dip **quince paste** cubes into chocolate. A chocolate dipping swirl will make this job simple.
- Lift chocolates out and gently tap on side of bowl to remove excess chocolate
- Place onto a tray lined with Teflon or aluminium foil
- Place a pistachio (lightly toasted) onto each chocolate, and leave in a cool place to set.
- Store in refrigerator in a plastic container with a firm-fitting lid with wax paper between each layer for up to one week.

Filo Tarts with feta, quince paste and preserved lemon

- Butter 4 sheets of filo pastry and layer on top of each other.
- Cut into 12 even squares.
- Line a 12 hole mini muffin pan with the squares.
- In a bowl combine 100g finely chopped **quince paste**, 100g finely chopped goat's feta, and the rinsed, finely chopped rind of half a preserved lemon.
- Fill filo cases with the mix and bake for 180 deg C for 10 mins.

Pear, Quince & Chocolate Pizza *recipe courtesy of Peter Gordon

- Make a sweet pizza base.
- Make 6 small pizza and place on lightly greased baking tray.
- Peel and core and slice 2 pears into 12 wedges each.
- Briefly poach in 2cups water and 1/2cup sugar.
- Remove from poaching water and cool.
- Divide 150g bitter chocolate that's been roughly chopped between bases, then arrange pears around the base and finally place 4 1/2 cm cubes of **quince paste**.
- Leave in warm place for 10mins and then cook for about 20mins at 200C.
- Serve with double cream or mascarpone.

Steak with Quince & Blue Cheese Topping

- Garnish steak by placing a slice of **quince paste** & blue cheese on top
- of the steak once cooked – divine!

Quince Aioli - the perfect accompaniment to lamb or pork

- In a food processor, blend 250g **quince paste** with 1 crushed garlic clove.
- Slowly drizzle in 75ml olive oil and 75ml canola or sunflower oil while still blending.
- Add salt, freshly ground black pepper and lemon juice to taste.

Apricot Paste



Divine Glaze

- Simply add **apricot paste** to jus from cooking chicken, making sure not to boil the jus.
- Brush over chicken during cooking to create a lovely rich glaze.

Stuffed Chicken Breast

- Slice deep horizontal cut into breast cavity.
- Line breast with blanched spinach and a layer of nut mix.
- Insert a thick slice of Brick (rind washed cheese) into breast cavity with medium slice of apricot paste.
- Cook for 30mins or until juices run clear.
- Serve on vegetable greens with jus that has developed as the chicken cooked.

Apricot Paste & Brie Bonbons

- Butter filo sheets and layer 3 sheets of filo on top of each other.
- Cut lengthwise into 2 strips.
- Place a medium slice of **apricot paste** & a thick slice of brie in middle pastry.
- Fold into desired shape – bonbon with scrunched top or triangle parcel

Fig Paste



Stir Fry Sauce

- Combine 50g chopped **fig paste**, 2T grated root Ginger, 1t Balsamic Vinegar & 2-3t garlic flavoured chilli sauce.
- Sear finally chopped pieces of beef.
- Add sauce and toss until sauce has reduced.

Divine Glaze

- Simply add **fig paste** to jus from cooking lamb & beef, making sure not boil jus.
- Brush over meat during cooking to create a lovely rich glaze.

Goat Cheese & Fig Fold-Overs

*Recipe courtesy of Michael Bonacini

Chef & Co-owner, Oliver Bonacini Restaurants, Toronto, Canada

This is a great little canapé for holiday cocktail parties. Make them ahead of time and keep refrigerated. Then just slip them into the oven when your guests arrive. Try using blue cheese or feta as an alternative to the goat cheese – all are excellent!

- 1 pack filo pastry, ½ cup aged goat cheese, 1 tub **Fig Paste**, 18 walnut halves, 3 tablespoons butter, melted.
- Cut sheets of filo into 3 ½" (9cm) squares. Brush with melted butter.
- Place a small cube of goats cheese (approx. 0.6"/1.5cm) into the centre, top with a thin slice of **fig paste** and a walnut half.
- Fold the filo corner to corner to create a neat triangle. Press down firmly and brush exterior with melted butter.
- Place on a non stick baking sheet and in a preheated oven at 350°F/ 180°C for 7-8mins, until light golden brown.
- Allow to cool for a few moments. Serve slightly warm.



Plum Paste



Prosciutto with Soft White Goats' Cheese & Plum Paste *recipe courtesy of Julie Biuso 1/09/99

- Slice a small baguette (walnut bread or French bread) thinly & spread only one side with butter.
- Put bread slices on a baking tray, bake in oven preheated to 180°C for 7-10 mins, or until golden.
- Cool, then store in an airtight container until required.
- To serve, bring 300g thinly sliced prosciutto and 2 small goats' cheeses to room temperature.
- Cut 120g **plum paste** into cubes or thin slices.
- Arrange ingredients on individual plates, cutting goats' cheese into thirds, and drizzle with lemon-infused extra virgin olive oil.
- Alternatively, serve the goats' cheeses on one plate and drizzle them with oil.
- Put toasted bread rounds, sliced **plum paste** & prosciutto, arranged in curls, on another plate.

Brandied Plum Sauce

- Combine 50g **plum paste**, long curls of orange zest and juice of 1 orange and melt gently.
- Leave to cool, then add 5T of Brandy.
- Leave sauce overnight to enhance flavours.
- Pour over steamed fruit pudding such as Christmas Pudding.