

the smart
fruit & veg
 COOK **summer**

➤ Whip up a quick dish ➤ Great hints and tips ➤ What's best for the season



mangoes

For an indulgent make-ahead summer dessert whip up a... mango, passionfruit & raspberry cream trifle

Whip 300ml thickened cream until soft peaks form. Fold 1 ½ cups vanilla custard through the cream. Set aside. Roughly chop 250g sponge finger biscuits. Scoop the pulp of 4 passionfruit into a bowl. Pour 50ml orange liqueur, rum or apple juice into a jug. To assemble trifle, layer half the sponge finger biscuits into the base of a 6-cup serving bowl. Sprinkle with half the liqueur, rum or apple juice. Top with half the cream mixture then drizzle over half the passionfruit pulp. Repeat layering using remaining ingredients. Decorate with 125g raspberries. Cover and chill for 5–6 hours or overnight and serve.



Banana Splits

with warm strawberry sauce



Fresh for Kids®

What's best in February

FRUIT

- Avocados
- Berries: blueberries, raspberries, strawberries
- Figs
- Grapes
- Limes
- Lychees
- Mangosteens
- Melons
- Nectarines
- Oranges: Valencia
- Passionfruit
- Peaches
- Pears: Howell, Williams
- Pineapples
- Plums
- Prickly Pears
- Rambutans

VEGETABLES

- Beans: butter, flat, green, snake
- Capsicums
- Celery
- Chillies
- Chokos
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Okra
- Peas: sugar snap
- Radish
- Squash
- Sweet corn
- Tomatoes
- Zucchini

1. Reserve 4 strawberries from a 250g punnet. Hull and halve remainder and place into a small saucepan. Stir in 2 tbs caster sugar and 2 tbs water. Bring to the boil over medium heat and simmer for 2 minutes. Cool mixture then puree in a blender until smooth. Chill the sauce until ready to serve.
2. Peel and halve 4 medium ripe bananas lengthways. Arrange on 4 serving plates and top with reduced-fat vanilla ice-cream.
3. Decorate banana splits with reserved strawberries. Drizzle over strawberry sauce and serve.

rambutans



This sweet tropical fruit from North Queensland is in peak season from December until March. Their juicy, translucent white flesh is very refreshing and has a unique sweet flavour.

Encased in a leathery skin, **rambutans** are covered with long reddish-green soft spines which indicate freshness. The spines blacken upon ripening. To remove the fruit, simply slice around the centre of the rambutan with a small sharp knife and peel off the skin.

Rambutans are best refrigerated in an airtight container or plastic wrap. Consume within 4–5 days. Exotic in appearance and flavour, rambutans are an attractive addition to cheese platters. Alternatively, pop a bowl of rambutans on the table for dessert.

What's best in January

FRUIT

- Apricots
- Avocados
- Bananas
- Berries: blackberries, blueberries, raspberries, strawberries
- Cherries
- Grapes
- Limes
- Lychees
- Mangoes
- Melons
- Nectarines
- Oranges: Valencia
- Passionfruit
- Peaches
- Pears: Williams
- Pineapples
- Plums
- Rambutans

VEGETABLES

- Asparagus
- Beans: green, flat, butter
- Capsicums
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Okra
- Peas: sugar snap
- Potatoes
- Radish
- Sweetcorn
- Tomatoes
- Zucchini

Reed avocado

*For a relaxed lunch
Avocado, mizuna &
smoked salmon salad with
sweet soy dressing...*



To make sweet soy dressing, combine ¼ cup salt-reduced soy sauce, ¼ cup mirin, 1 tsp sesame oil and 2 tbs brown sugar in a small saucepan. Bring to the boil over medium heat and simmer for 1 minute. Stir in 2 trimmed, thinly sliced green onions. Set aside to cool.

To make the salad, arrange 75g mizuna or baby salad leaves on 4 serving plates. Top with 2 thinly-sliced Lebanese cucumbers and 200g sliced smoked salmon. Drizzle with dressing and serve.

Creamy-fleshed Reed avocados are a rich source of vitamin E. Ripen firm avocados at room temperature until fruit yields to gentle pressure at the stem.

cherries

Fresh sweet and luscious cherries are a favourite! For a healthy low GI and fat free gift to share, present ½ kg plump cherries in a gift box, wrapped with ribbon. Refrigerate this fruity treat up to 1 day before giving.

Choc~dipped cherries

Place 150g chopped white chocolate into a medium heatproof bowl. Melt chocolate over a saucepan of simmering water, stirring often, until smooth. Dip base of 15–20 plump cherries into melted chocolate then place cherries onto a baking tray lined with non-stick baking paper. Leave cherries for 30 minutes until the chocolate sets then serve (or chill for a few hours). Make batches using dark, milk or white chocolate!



mesclun (salad mix)



Mesclun is an assortment of small young salad leaves with varying flavour, colour and bitterness. This typically French green mixture may include endive, rocket, baby spinach, mizuna, oak leaf, frisée and radicchio lettuces.

This diverse variety of greenery, rich in flavour and texture, creates an interesting alternative to the popular baby leaf salad. For an easy side salad, team mesclun with red or white wine vinaigrette.

Quick ways to use mesclun...

- ▶ Pile mesclun leaves with sliced turkey or ham and mayonnaise onto a crispy fresh baguette.
- ▶ Toss mesclun with sliced avocado and smoked chicken for a quick salad. Drizzle with vinaigrette before serving.

flat beans



Otherwise known as Roman beans, **flat beans** are wider and flatter than green beans. The flattish pod is wavy in appearance.

Select firm, even-coloured green flat beans. Avoid overly-bulging pods.

Refrigerate beans in a plastic bag in the crisper for 2–3 days.

Trim the ends before cooking. Boil or steam flat beans for 3–4 minutes until just tender.

Quick side dishes using flat beans...

Toss steamed or boiled flat beans with:

- ▶ Shaved parmesan cheese, extra virgin olive oil, salt and ground black pepper.
- ▶ Chopped cooked crisp bacon, sliced green onions (shallots), crumbled feta cheese and extra virgin olive oil.
- ▶ Toasted walnuts and a drizzle of caramelised balsamic vinegar.

sweet corn



How to barbecue corn:

To prepare corn, pull back husks on the cob and remove the silky threads. Then re-cover the cob with husks and secure with kitchen string. Soak in cold water for 20 minutes. Alternatively, remove the husks and silks and wrap the cob in foil. Barbecue corn, turning often, on a preheated grill on medium heat for 15–20 minutes until kernels are tender. Serve with butter or drizzle with extra virgin olive oil.

At its peak in summer, juicy **sweet corn** is delicious cooked on the barbecue. Select corn cobs with moist green husks. The kernels should look plump and when pressed with your fingernail, should spurt a milky juice. Use within 1 day of purchasing, as the sweet flavour deteriorates as the natural sugars start to convert to starch.

seedless watermelon

Enjoy a colourful watermelon, rocket & haloumi salad...

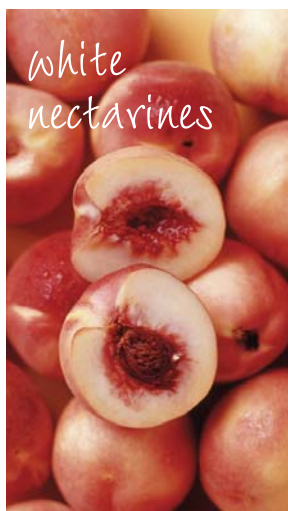
With succulent rosy flesh, seedless watermelon is a perfect addition to summer salads.



To make the salad, peel and cut 1kg seedless watermelon into 2–3cm cubes. In a large bowl, combine watermelon, 2 cups shredded barbecued chicken (approx. half a cooked chicken), 100g halved pitted olives, 125g crumbled marinated feta and 60g baby spinach leaves.

To make the dressing, combine 1 tbs white balsamic vinegar, 2tbs extra virgin olive oil, salt and pepper in a screw-top jar. Shake well. Drizzle dressing over the salad and toss to combine. Spoon the salad into 4 serving bowls and serve. Serves 4.

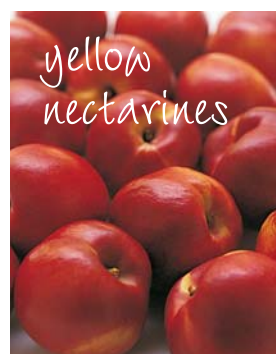
nectarines



Summer is the time to enjoy succulent white- and yellow-fleshed nectarines.

Select slightly firm fruit with smooth skin and a sweet perfumed fragrance. Ripe fruit yields to gentle pressure around the stem. A greenish tinge around the stem indicates under-ripe fruit. Ripen nectarines at room temperature, refrigerate and use within 2 days.

If you're cooking with nectarines, choose freestone fruit (flesh easily detaches from the seed) rather than clingstone fruit (flesh clings to the stone). Freestone fruit is more abundant toward the end of summer.



What's best in December

FRUIT

- Apricots
- Bananas
- Berries: blackberries, blueberries, raspberries, red & white currants, strawberries
- Cherries
- Grapes
- Lychees
- Mangoes
- Melons
- Nectarines
- Oranges: Valencia
- Papaya
- Passionfruit
- Pawpaw
- Peaches
- Pineapple

VEGETABLES

- Asparagus
- Beans: green, flat, butter
- Capsicum
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Peas: sugar snap
- Radish
- Sweetcorn
- Tomatoes
- Watercress
- Zucchini

For more information about fresh fruit & vegetables visit www.sydneymarkets.com.au

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