

## PEACH MELBA

### EQUIPMENT

PARING KNIFE, ZIP LOCK BAG, SCALES, BLENDER, MESH STRAINER, POURING JUG, SPOON, ICE-CREAM SCOOP

### INGREDIENTS

1-2 PEACHES, 1 PUNNET FRESH RASPBERRIES, ¼ VANILLA BEAN, ¼ LIME,  
50GM CASTER SUGAR, 50GM WATER, BASIL OR MINT LEAVES, VANILLA ICE CREAM

### METHOD

PLACE SUGAR, WATER AND VANILLA IN A POT AND BRING TO THE BOIL, REDUCE FOR A FURTHER 2 MINS AND SET ASIDE FOR 10 MINS TO COOL

CUT PEACHES IN HALF AND REMOVE THE STONE, PLACE PEACHES IN A ZIP LOCK BAG WITH APPROX 50-60GM OF SUGAR SYRUP AND SEAL THE BAG REMOVING AS MUCH AIR AS POSSIBLE

PLACE THE PEACHES IN A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 40-45 MINS

FOR THE COULIS SET ASIDE A FEW RASPBERRIES TO USE AS A GARNISH AND PLACE THE REMAINING IN THE JUG OF A BLENDER WITH THE JUICE OF ¼ OF A LIME AND APPROX 30GM SUGAR SYRUP

ONCE BLENDED POUR THE COULIS THROUGH A MESH STRAINER AND SET ASIDE

WHEN PEACHES ARE COOKED REMOVE FROM THE OVEN AND PLACE THE BAG INTO A BOWL OF ICED WATER TO COOL

REMOVE PEACHES FROM THE BAG PEEL AND SLICE ONE IN HALF. POUR A SMALL POOL OF COULIS ON A PLATE AND PLACE PEACHES ON TOP

SCATTER RASPBERRIES, PLACE A SCOOP OF ICE CREAM ON TOP AND GARNISH WITH SOME SMALL MINT OR BASIL LEAVES

### HINTS & TIPS

- YOU CAN LEAVE THE SKIN ON THE PEACHES IF YOU PREFER

- KEEP THE PEACH COOKING LIQUOR, FREEZE IT IN A ICE CUBE TRAY AND ADD IT TO YOUR NEXT GIN AND TONIC