

POACHED STONE FRUIT AND SAFFRON YOGHURT

EQUIPMENT

SMALL SAUCEPAN WITH LID, SCALES, CHEF KNIFE, SLOTTED SPOON OR LARGE SPOON, SMALL MIXING BOWLS

INGREDIENTS

6-8 X MIXED STONE FRUIT, 350GM CASTER SUGAR, 3 WHOLE CLOVES, 1 SPLIT VANILLA BEAN,
3 BAY LEAVES, 2 STAR ANISE, 15 FENNEL SEEDS, 8 STRANDS OF SAFFRON, 50-60GM NATURAL YOGHURT,
750GM WHITE WINE (SAV BLANC, CHARDONNAY OR PINOT GRIGGIO OR THE BEST YOU CAN AFFORD)

METHOD

PLACE THE WHITE WINE, SPICES, 300GM OF SUGAR AND 5 STRANDS OF SAFFRON INTO THE POT AND BRING TO THE BOIL
WHILE HEATING CUT ALL THE STONE FRUIT IN HALF IF POSSIBLE CUT THROUGH THE SEEDS/STONES OR CUT AROUND THEM

ONCE THE WINE MIX HAS BOILED REMOVE FROM THE HEAT AND GENTLY DROP THE FRUITS IN THE LIQUID

PLACE THE LID ON THE PAN AND PLACE THE PAN INTO THE OVEN STEAM SETTING 80 DEGREES FOR 40 MINS

WHILE THE FRUIT COOKS ADD THE REMAINING SAFFRON AND SUGAR TO THE YOGHURT, MIX WELL AND SET ASIDE

ONCE COOKED REMOVE FROM THE OVEN AND REMOVE THE LID AND LET COOL AT ROOM TEMPERATURE

PLACE THE FRUITS IN THE SYRUP IN THE FRIDGE TO COOL COMPLETELY

REMOVE THE FRUIT FROM THE SYRUP AND SERVE WITH A DOLLOP OF YOGHURT AND A LITTLE BIT OF THE FRUIT SYRUP

HINTS & TIPS

- KEEP THE LEFTOVER COOKING SYRUP AND USE IT AGAIN TO POACH PEARS OR MORE STONE FRUITS, THE FURTHER IT REDUCES THE MORE POTENT IT WILL BECOME OVER TIME
- SERVE THESE POACHED FRUITS WITH YOUR MUESLI IN THE MORNING, THE FRUIT WILL KEEP IN THE SYRUP IN THE FRIDGE FOR A WEEK