

Cooking with Verjuice

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Verjuice

Verjuice is derived from the French for green juice, "vert jus". Historically it is found in French recipes from the Middle Ages .It was added as we would use lemon juice or vinegar today, as an acidulant adding sharpness to the flavour of food , sauces or a dressing.

Think of Verjuice as a gentle acidulant. Its great advantage is adding acid without dominating flavours. It is like a lemon or wine vinegar but can be used in almost any application that these stronger flavours are used. Verjuice can be reduced to a syrup to replace wine or vinegar in the making of a hollandaise or beurre blanc to give a classic sauce another dimension, particularly when serving these sauces with seafood. It is a natural marriage of flavours.

Tallagandra Hill Verjuice

Made from unripened Shiraz grapes, the juice is stabilised and bottled without fermentation.

Available in 375ml bottles from the Tallagandra Hill Cellar Door or by mail order.

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Verjuice Cocktail

120 ml Tallagandra Hill Verjuice

30ml Bacardi

10ml Cointreau

Optional: Touch of Mint and Ice

Served in a High Ball Glass



Verjuice Granita

Boil 500ml Verjuice, 100ml water with 150g Castor sugar and thin strips of grated lemon or lime rind. Simmer for 6 minutes. Add 8 mint leaves and allow to cool. Place in freezing tray and freeze for at least 6 hours. Every 2 hours break up the icy particles with a fork. Before serving, transfer to the fridge to allow to soften. Use a fork to break up again if necessary.



Millionaire's Dressing for Salads & Vegetables

75ml Verjuice
75ml Walnut oil
75ml Olive oil
1 ½ t Dijon mustard
2 crushed garlic cloves (or to taste)
Black Pepper & Sea Salt to taste

Shake together all ingredients or blend with hand blender for a thicker, creamier emulsion.

Variations: For a cost-effective dressing, substitute the walnut oil for more olive oil; add your favourite herbs, eg. parsley, chives, oregano, basil, etc. ; replace smooth Dijon mustard with coarse-grain Dijon mustard for potato salads; reduce oil and add 4T Fromage Frais or Crème Fraiche - drizzle over ostrich or beef carpaccio.



Vinaigrette of Walnut Oil and Verjuice

200mls walnut oil
75mls Verjuice
Part of the juice of one lemon to adjust to required taste
1 teaspoon of Dijon mustard
Good pinch sea salt and freshly ground black pepper

Mix together in glass jar with lid to emulsify



Verjuice Beurre Blanc or Butter Sauce

Serves 4

Juice of 1/2 lemon

2 small eschalottes finely diced (optional)

125ml Verjuice

1 tablespoon of cream

125g cold unsalted butter cut into small cubes

Pinch of sea salt

Freshly ground black pepper

Reduce the eschalottes and Verjuice with salt until syrupy. Add the tablespoon of cream. On a very low flame, gradually whisk in the butter a tablespoon or two at a time until all the butter is incorporated.



Pan frying vine ripened tomatoes

Butter vine-ripened tomatoes

Pepper

Sea Salt

Verjuice

Take butter to nut brown and fry tomatoes, deglaze with Verjuice and add sea salt and freshly ground black pepper.



Red Pepper Coulis

Grill or roast 3 medium Red Peppers. When charred, remove from oven and allow to sweat in paper bag for about 10 minutes. Remove from bag and peel off charred skins. Trim and discard seeds and any membranes. Place in food processor with 4 tablespoons warmed Verjuice and process to a smooth paste. Press through sieve. Add olive oil and more Verjuice and mix well. Great with fish.



Tomato, Verjuice and caper pasta sauce

Serves 4

1 tbsp olive oil

1 large spanish onion, finely chopped

1 kg ripe egg tomatoes, coarsely chopped

2/3 cup Verjuice

¼ cup capers, rinsed and drained.

Spaghetti or linguine, cooked until al dente, to serve.

Heat olive oil in a large saucepan, add onion and cook, covered, over low heat for 10-15 minutes or until onion is soft.

Add chopped tomato and Verjuice, bring to the boil and cook, covered, over low-medium heat for 15 minutes. Add capers and cook, uncovered for a further 30 minutes, or until sauce is reduced and thick.

Season to taste and serve over spaghetti in linguine.



Roasted leeks and fennel with walnut oil and Verjuice dressing

Serves 4

2 small fennel bulbs, trimmed, cored and quartered
2 leeks, white part only, washed and cut into 3cm pieces
2 tbsp extra virgin olive oil

Dressing

2 tbsp walnut oil
2 tbsp Verjuice
2 tbsp currants
1 tsp chopped thyme leaves

Combine fennel, leeks and olive oil in a large ceramic ovenproof dish, season to taste and toss to coat vegetables in oil.

Roast at 180oC, turning once, for 40 minutes, or until vegetables are tender.

For dressing combine all ingredients, in a small bowl, whisk well and season to taste.

Pour dressing over hot roasted vegetables and stir to coat well.

Serve warm as an accompaniment to grilled and roasted meats.



Baby Beetroot with Verjuice

Boil or roast beetroot – removing outer skin. If beetroot are large, then halve or quarter. While still very hot, slosh over Verjuice and allow to sizzle. Dress with good Olive oil, oregano, salt and black pepper. (Also works well with pan-fried tomatoes or boiled potatoes and freshly chopped parsley).



Stuffed Vine Leaves

Filling (makes approximately 30-40)

¼ cup olive oil

1 large onion finely chopped

1 clove garlic, pressed

200gms minced lamb, beef or pork

½ cup Arborio rice (Sushi rice will also do)

2 tablespoons currants

2 tablespoons pine nuts or (ground) walnuts or (ground) macadamia nuts

½ cup water (or more if required)

2 tablespoon chopped fresh parsley (Optional: 1 tablespoon can be mint)

Salt & Pepper to taste

Additional Ingredients

1 jar of grape leaves

Verjuice

¾ cup water

1 tablespoon olive oil

Preparing the Filling

Heat oil in a saucepan, add onion and garlic, cook gently until soft, add mince and stir until browned. Then add rice, currants, nuts, and stir well to coat rice in oil.

Add water, and simmer covered for approx 10 minutes over low heat, or until liquid is absorbed. You are aiming for a cooked yet nutty texture. You may need to add a little extra water and cook a little longer if necessary.

Remove pan from heat, stir in parsley (mint) and cool mixture (to a temperature that can be easily handled).

Assembly

Rinse vine leaves under cold water to remove the brine. Prepare a heavy based pan with a lid, by lining the bottom with a layer of vine leaves, shiny side up.

Place rinsed vine leaves vein side up on work bench. Place approximately 1 small tablespoon of filling on each leaf (this amount may vary depending on the size of the vine leaves). Roll up firmly, folding in the sides to enclose the filling.

Place rolls in single layer over base of pan. Once complete (or if you need to add extra layers) reserve additional leaves to line a second layer (shiny side up). Finish up with another layer of leaves. Place a plate on top of rolls to keep rolls in position while cooking.

Combine in a jug, the water, several generous splashes of Verjuice, and the Olive Oil. Pour this over the vine leaves

Simmer covered over low heat for 1 hour.

Serve, warm or cold.



Roasted Pumpkin on Rocket with Pumpkin Seed & Verjuice Dressing

Roast 500g pumpkin on baking tray sprinkled with olive oil, salt and fine black pepper in a (high) 250° oven for 20 minutes or until tender and slightly caramelized. Spread rocket leaves on flat platter and top with roasted pumpkin chunks. Blend pumpkin seed oil and Verjuice and immediately drizzle over pumpkin chunks and rocket. Scatter 2 tablespoons of toasted pumpkin seeds over (toast separately while pumpkin roasts) and sprinkle with sea salt and freshly ground black pepper.



Barbequed/ Grilled Fish with Verjuice Basting Sauce

Sprinkle butterflied fish with sea salt, 2 tablespoons black and yellow mustard seeds and 1 sliced onion. In saucepan, sauté 2 teaspoons crushed garlic, add 1 cup Verjuice, 250g butter, 1 cup olive oil, 2 tablespoons smooth apricot jam (or pesto) and salt & pepper. If you've used apricot jam, add chopped parsley to sauce just before basting. Baste fish with sauce as it gently cooks from skin side up. (Tip: If cooking on braai, place a piece of tin foil over the fish to retain the heat between basting – or cover with kettle-braai lid - but do not turn fish over).



Small leeks with oysters and Verjuice

Serves 6

18 small leeks

30 freshly opened oysters

500ml Verjuice

1tbsp dried wakame seaweed

Salt and pepper

Poach the leeks in the Verjuice until tender.

Remove leeks and set aside in a little of the liquid.

Add the liquor from the oysters to the remaining Verjuice and reduce by half.

Add the oysters and wakame to the warm reduced Verjuice.

Season.

Assemble and serve with good sourdough rye bread.



Scallops With Warm Butter and Shallot Dressing

Serves 4

16 scallops on their shells
3 shallots, finely chopped
120ml Tallagandra Hill Verjuice
100g butter, chilled and cut into 1cm cubes
1 tomato, finely chopped
2 spring (green) onions, green part only, thinly sliced
Salt and Pepper
2 Tablespoons Olive oil

Remove the roe and black muscle from the scallops, then remove the scallops from their shells. Rinse and dry the shells for serving. Place and set aside for serving. Place the shallots and Verjuice in a small saucepan and bring to the boil. Cook for 2 minutes, or until reduced by a third. Remove from the heat and whisk in the butter, a cube at a time. Stir through the tomato and spring onions and season generously with salt and pepper. Set aside. Heat the olive oil in a frying pan cook the scallops in batches over a high heat for 1 minute on each side. Return the scallops to their shells and drizzle over the warm butter dressing.

Deglazing with Verjuice

Set aside your roast/fries/grills and any vegetables that you have added to the pan with the meat except those that are meant to flavour the gravy. Remove any excess fat from the pan, leaving approximately 1 teaspoon. Over medium heat, add 1 cup of Verjuice and using a wooden spoon, scrape up the brown bits, incorporating them into the Verjuice. Reduce until "jus" is just beginning to coat the spoon. Resist thickening the "jus", but add a knob of butter for richness and shine. Strain into serving dish.



Saffron, Verjuice and fennel mussels

Ingredients

1 kg mussels, scrubbed and beards removed
Extra virgin olive oil
2 eschallots, peeled and diced finely
1 clove garlic, chopped finely
1 baby fennel, trimmed and chopped finely
½ cup Verjuice
Medium pinch saffron threads, infused in a little hot water
6 peppercorns
2 sprigs flat-leaf-parsley
2 ripe tomatoes, diced

Method

Discard any mussels that remain open after handling. Heat a little olive oil in a large saucepan over low heat, and fry the eschallots until softened. Then add garlic, and cook for a further one- two minutes. Add the fennel and cook for two minutes more, stirring. Stir in the Verjuice, saffron, peppercorns and parsley, and bring to the boil. Add the mussels, and cover. Allow the mussels to steam for one to two minutes, shaking the pan often.

Transfer the mussels to a bowl as they open, discard any that do not. Discard the parsley sprigs, bring the cooking juice to the boil and add the tomatoes, stirring. Reduce the mixture to about two-thirds, and pour over the mussels. Serve with crusted bread.



Prawns in Verjuice and dill butter.

Serves 4.

80g dried buckwheat noodles

1 tsp olive oil

600g medium green prawns, peeled and deveined, leaving tails intact.

1/3 cup Verjuice

50g butter, chopped

1 tbsp finely chopped dill

70g salmon roe

Cook buckwheat noodles in boiling salted water for 3-4 minutes until al dente, then drain.

Heat olive oil in a non-stick frying pan, add prawns and stir-fry over high heat for 2-3 minutes or until pink and just cooked.

Add Verjuice and bring to the boil, then over medium heat whisk in butter until combined.

Add dill and season to taste.

Divide noodles among 4 plates, top with prawns and sauce, then spoon salmon roe over and serve immediately.



Ocean trout with mustard & Verjuice sauce

Place trout pieces in shallow dish and cover with Verjuice- allow to stand one hour. Heat lidded pan till hot then place Verjuice and trout in pan. Cover and simmer for three minutes.

Mustard & Verjuice sauce

1 cup Verjuice

300ml cream

2 teaspns French mustard

1.5 teaspns cornflour

2 teaspns water

ground black pepper

Combine wine, cream, mustard and blended cornflour and water. Stir over heat until mixture boils and thickens. Add ground pepper to taste- best made close to serving- makes about 1.5 cups.



Fillet of pork with Sage and Verjuice

Serves 4

1 X 800g Fillet of pork freshly
Freshly ground black pepper
30ml extra virgin olive oil
32 fresh Sage leaves
2 cloves of garlic finely chopped
110ml Verjuice
Sea Salt
Unsalted butter

Pre-heat the oven to 190°C. Trim the pork fillet, then combine the extra-virgin olive oil, garlic, salt and pepper in a bowl and brush the meat with it. Press a few sage leaves onto the meat, then seal the pork on all sides over a gentle heat in a heavy based baking dish. Deglaze the browning pan with the Verjuice, then transfer the meat to the oven for about 10 minutes. Remove the pan from the oven and allow the meat to rest covered for 15 minutes. Increase the oven temperature to 200°C. Dot the remaining sage leaves with butter and crisp them in the oven on a baking tray for 9 minutes, then tip them over the resting meat. Carve the pork and serve with creamy mashed potato.



Pork and Verjuice pot roast

Serves 4-6

1.6kg pork neck, tied with string at 3cm intervals
1 large clove of garlic, cut into 8
1 tbsp of olive oil
5 sprigs of rosemary
2 ½ cups of Verjuice
½ cup crème fraiche
Parsnip or sweet-potato mash to serve.

Make 8 small incisions in pork, press garlic into cuts, then rub with ½ teaspoon salt. Heat oil in a flameproof, heavy based casserole and cook pork, turning over high heat until browned, then remove from pan and discard oil.

Place rosemary sprigs in same pan, place pork on top. Pour over 1 ½ cups of Verjuice and roast at 180oC for 1 ½ hours, or until pork has been cooked through and Verjuice has caramelised, adding more Verjuice if necessary.

Rest pork in a warm place for 15 minutes.

Remove rosemary from pan.

Reheat pan and deglaze with remaining Verjuice, then whisk in crème fraiche until smooth.

Bring to the boil and simmer over medium heat for 3-5 minutes or until slightly thickened, then season to taste.

Slice pork thickly and serve on mash with sauce spooned over.



Pork Spare Ribs

2 kg Ribs (serves about 6)

Barbeque sauce:

Whisk or blend together: 300ml Verjuice; a few shakes of Worcestershire sauce; Ground coriander; 100ml Fruit Chutney; 250ml Tomato Sauce; 1 teaspoon Dry Mustard & 1 teaspoon crushed Garlic.

Place ribs in dish and pour sauce over. Allow to marinate for at least 1 hour or more. Braise over open fire or under grill in the oven – basting throughout cooking.



Chicken & Bacon Hot-Pot with New Potatoes

Brown seasoned chicken portions and bacon chunks in butter and olive oil. Add crushed garlic just before the end of browning. Add new potatoes, white wine and Verjuice plus 2 bay leaves and spices of choice. Close dish with lid and simmer gently on top of the stove or in the oven for 45 minutes. Add more Verjuice if necessary and 1 whole shredded or roughly chopped cabbage. Return to plate/oven for a further 15 minutes – or until cabbage is cooked but still crisp. If you wish, add a teaspoonful of corn flour to slightly thicken the juices.



Stir-fried chicken with Verjuice and coconut cream sauce.

Serves 4

1 tbsp vegetable oil
3cm piece lemongrass, peeled and finely chopped
1 clove of garlic, finely chopped
1 fresh, small red chilli, seeded and finely chopped
1 tbsp finely shredded kaffir-lime leaves
600g chicken tenderloins
½ cup Verjuice
½ cup coconut cream
1/3 cup coriander leaves
steamed jasmine rice to serve

Heat vegetable oil in a wok, add lemongrass, garlic, chilli and kaffir-lime leaves and stir fry over high heat for 1 minute. Add chicken tenderloins and stir-fry for 3-4 minutes or until chicken is just cooked.

Add Verjuice, coconut cream and coriander leaves, bring to the boil and cook for 1 minute.

Season to taste and serve immediately over steamed jasmine rice.



Provençal-style grilled and slow-roasted lamb shoulder with garlic and Verjuice sauce

This lamb dish takes on a light smoked flavour from being grilled initially, then is slow-roasted to a meltingly soft texture. If a barbecue is unavailable, sear the lamb first and continue with the recipe.

Serves 6-8

2 bulbs of garlic, plus 8 cloves of garlic

8 anchovy fillets

Olive oil

2 tsp fennel seeds, ground coarsely using a pestle and mortar

1 tbsp herbes de Provence [see note]

Finely grated rind of 1 lemon

1.8 kg boned [except for foreshank] shoulder of lamb [ask your butcher to do this]

1 kg baby desiree potatoes, halved

1 tbsp small sprigs of rosemary

1/3 cup Verjuice

Zucchini with lemon butter and marjoram, and bacon- and garlic-stuffed eggplant [recipes follow], to serve

Method

Process garlic cloves, anchovies and ¼ cup olive oil in a small food processor until a paste forms, then transfer to a bowl, add fennel seeds, herbes de Provence and lemon rind and combine well. Place lamb, fat-side down, on a work surface, open up meat and rub with half the herb paste, then fold meat back over to cover paste. Secure sides of meat with a couple of toothpicks, place in a flat container, then rub remaining herb paste over the outside of lamb, cover and refrigerate for at least 1 hour or overnight.

Barbecue lamb, skin-side down first, over high heat, for 1½ minutes on each side or until well-browned, then place lamb on a wire rack in a heavy-based roasting pan. Add garlic bulbs to pan, cover with foil and roast at 170C for 1 hour. Toss potatoes and rosemary in a bowl with 1 tbs olive oil and season to taste, then add to lamb and roast, uncovered, for another hour or until lamb is tender and potatoes golden.

Remove lamb from pan, cover loosely with foil and rest for 20 minutes. Transfer liquid from roasting pan to a small saucepan, then skim fat from top. Squeeze garlic into a small bowl and mash to a paste with a fork, then add to cooking juices in pan with Verjuice and ¼ cup water. Simmer sauce over medium heat until a sauce consistency, then season to taste.

Remove toothpicks from lamb, then serve carved into slices with zucchini with lemon butter and marjoram, and bacon- and garlic-stuffed eggplant, passed separately.

Notes: Herbes de Provence is a classic Provençal blend of dried thyme, marjoram, parsley, tarragon, celery seeds and bay. It is available from Herbie's Spices and some delicatessens.



Roast or Kettle Braised Leg of Lamb

Marinade:

Massage meat with 250ml Verjuice, 200 ml Olive oil; (emulsify), ground black pepper, garlic and rosemary.

Allow meat to marinade overnight or at least 4 hours. Rub with sea salt and roast in the oven at 200° for 30 minutes then reduce to 180° and continue to roast basting with marinade throughout cooking for 1 ½ to 2 hours.

You should have enough juices for gravy. If not, deglaze pan with 2 Cups Verjuice scraping up all the brown, pan bits. If you wish, you can add a few teaspoons flour or corn flour before adding the Verjuice, stirring so as to avoid lumps from forming.

You will then probably need to add meat or vegetable stock to thin. If you are kettle-braising, then place in roasting cradle with drip tray below (add quartered onions and chopped carrots for flavour) to catch juices as you baste with marinade throughout cooking +- 1 ½ - 2 hours - depending on how “pink” you want it to be.

(Variation: Reduce Verjuice and make up quantity with Red Wine).



Grilled quail with risotto bianco, grapes & Verjuice

Serves 4

Risotto bianco:

2 tablespoons olive oil
1 tablespoon unsalted butter
1 leek, sliced, well washed & diced
4 French shallots, sliced
2 cloves garlic, sliced
1 1/2 cups (330g) risotto rice
1 cup (250ml) white wine
1-1.2 litres chicken stock, boiling
50g parmesan, freshly grated
knob of butter
1/2 lemon, juice only
4 large quail, deboned and butterflied
1/2 cup small seedless grapes
12 basil leaves
Verjuice
Extra-virgin olive oil
Salt/freshly ground black pepper

Heat olive oil and butter in a heavy-based saucepan over moderate heat. Add leeks, shallots and garlic and gently sweat until shallots are transparent. Add rice to pan, stirring until it is well coated with oil.

Reduce heat to low and add the white wine. Stir briefly and allow risotto to cook until the wine is almost completely absorbed by the rice. Add 1 cup (250ml) stock, stir and continue to cook until stock is almost absorbed. Continue adding stock and cooking in this way, stirring frequently, until rice is just undercooked. On a large

tray, spread risotto in a thin layer to cool quickly. When cool, seal with plastic food wrap and refrigerate. Par-cooked risotto will keep up to 24 hours.

To finish risotto, heat 1-2 cups chicken stock in 3 heavy-based saucepan over moderate heat. Add par-cooked risotto and bring to the boil, stirring until stock is absorbed and rice is al dente.

Meanwhile, preheat oven to 200°C. Heat a heavy-based ovenproof pan over high heat. Brush quail with olive oil, season with salt and black pepper and place, skin side down, in pan to sear until good colour is achieved. Turn quail over and place pan in preheated oven. Roast 4-5 minutes. Remove quail from oven and allow to rest briefly.

Fold parmesan, knob of butter and lemon juice through risotto. Season with salt and black pepper.

Slice basil leaves and mix with grapes, a good splash of extra-virgin olive oil, splash, of Verjuice and a good grind of black pepper.

To serve, divide risotto between bowls, place grilled quail on top, spoon over grape and Verjuice mixture



Venison steaks with potatoes and fig, olive and Verjuice salsa

Serves 4

4 dried figs, stems removed, finely chopped

100ml Verjuice

600g baby pontiac potatoes, washed well

Olive oil

1 shallot, finely chopped

4 anchovy fillets, finely chopped

60g kalamata olives, pitted and halved

2 tablespoons drained capers

8 venison leg steaks (about 80g each)

¼ cup finely chopped flat-leaf parsley

Method

Place figs and Verjuice in a small bowl and stand for 45 minutes. Meanwhile, cook potatoes in boiling salted water until tender, then drain, cool slightly, cut in half and return to pan.

Heat ¼ cup olive oil in a small frying pan, add shallot and anchovies and stir over low heat for 5 minutes or until soft. Add fig mixture, olives and capers and stir for 1-2 minutes or until mixture sizzles, then set aside.

Brush venison steaks with olive oil, season to taste with sea salt and freshly ground black pepper, then char-grill, in batches, for 1-2 minutes on each side for medium rare or until cooked to your liking. Toss potatoes with a little olive oil and season to taste, then divide among 4 plates and top with steaks. Reheat salsa until sizzling, add parsley and season to taste, then spoon over venison and potatoes and serve immediately.



Dried pears in Verjuice on filo with mascarpone

This dessert is just as delicious when made using dried plums, peaches or nectarines, all of which marry beautifully with Verjuice.

250 ml Verjuice*

1 Teaspoon castor sugar

500 g dried pears

15 sheets filo pastry

Melted unsalted butter

250 ml mascarpone

Put the Verjuice and sugar into a large, flat, non-reactive baking dish or saucepan and cook gently until the sugar has dissolved. Reduce the heat slightly and add the dried pears. Simmer slowly until the pears are soft to the touch but still intact. Remove the fruit from the pan and set aside. Increase the heat and reduce the liquid to a thick syrup. Allow to cool.

Preheat the oven to 220°C. Cut the filo pastry into rounds about 10 cm in diameter (you will get 2 rounds per sheet). Put the pastry rounds onto a baking tray lined with baking paper, brushing each piece of pastry with melted butter as you go. Your aim is to make 6 stacks, each with 5 layers. Bake the filo stacks for only a minute until they are golden brown and crisp. Remove from the oven. Arrange 3 pears on each filo stack, fanning them out to cover the pastry. Add a generous dollop of mascarpone, then drizzle a little syrup around and serve immediately. Serves 6.



Warm fruit salad

Serves 4

150g dried apricots
200g pitted prunes
1 cup Verjuice
2/3 cup of orange juice
2tbsp lemon juice
2 cinnamon sticks
Zested rind of 1 orange
3 pears, cored and cut into 6-8 wedges
2 tbsp honey, warmed
Mascarpone or thick cream, to serve.

Combine apricots, prunes and Verjuice in a ceramic or glass bowl and mix well. Cover with plastic wrap and stand at room temperature for 12-14 hours for flavours to infuse. Combine macerated fruits with remaining ingredients in a ceramic casserole dish and mix well. Cover and bake at 180oC for 40 minutes, or until pears are soft. Serve with mascarpone or thick cream.



Poached Fruit in Verjuice Caramel Sauce

Poach pears, peaches, nectarines, apples and other seasonal fruit in a caramel sauce of 100gm butter, 4 T honey, 1 C cream and 6 T Verjuice. Or, use as topping over vanilla ice cream. Or, add hazelnuts or almonds (or nuts of choice) and continue to cook for a further few minutes. Turn out onto baking sheet allow to cool, and crack into pieces for a sublime praline.