

FRUIT COULIS RECIPE IDEAS

Champagne & Raspberry Vinaigrette

- Beat 1 egg till well blended.
- Beat 3.9oz/ 110g raspberry coulis with 1.7fl.oz/50ml vinegar 1.7fl.oz/50ml champagne and ½ tsp salt.
- Whisk oil into egg adding a little at a time until well blended then beat in the raspberry mixture. If too thick thin with a little water.
- Serve over salad greens.

Lamb shanks, sweet potato mash with a tamarillo jus

Lamb rack, roasted with bok choy & roasted capsicum on a creamy mash with tamarillo jus

- For Tamarillo Jus, make a jus using cooking juices from the meat as the base.
- Enhance the flavour by adding tamarillo coulis until the intensity is to your satisfaction.
- Pour the jus over the meat just before serving.



Mango Panna Cotta Raspberry Salsa

- 7oz/200g sugar, 29.6fl.oz/ 875ml cream, 17.6fl.oz/ 500g mango coulis, 8.5fl.oz/ 250ml milk, 1T gelatine
- Bring sugar and cream to the boil.
- Remove from heat and add mango coulis.
- Place milk and gelatine in a bowl and leave to dissolve.
- Then heat and add to cream mix.
- Bring back to the boil then pour into ramekins and leave to set.
- Dip ramekin briefly into hot water to release, then turn out onto a flat plate.
- Surround with a drizzle of raspberry coulis and decorate with fresh raspberries and mint leaves.



Crab Cakes & Mango Sauce

- 1.8oz/50g frozen white bread, grated, 15.9oz/ 450g fresh white crab meat, 1 egg, 2T mayonnaise, 1 tsp mustard powder, 1 T lemon juice, 1 T chopped dill
- Add enough bread to the crab to absorb any moisture
- Place egg in bowl and whisk in mayo, mustard, lemon and seasoning
- Fold into crab but do not over mix
- Shape into patties and rest for 1 hour, then fry in clarified butter
- For sauce, mix together 3 parts mango coulis with one part champagne. Drizzle over crab cakes, garnish with salad greens.



Raspberry Muffins

- 3 cups flour, 1 tsp baking powder, 1 tsp salt, ¼ tsp baking powder, ¼ tsp ground cinnamon, 3 eggs, 2c sugar, 230ml oil, 1 tsp vanilla, 16.9fl.oz/ 500ml raspberry coulis
- Sift flour, soda, baking powder and cinnamon together.
- Beat sugar, eggs, oil and vanilla.
- Add raspberry coulis, fold into flour mixture but do not over mix
- Portion into muffin tins, adding whole raspberries for decoration
- Bake at 390F/200C for 15min or until skewer comes out clean.

Grilled Beef with Tamarillo Sauce

- 21-25oz/ 600-700g beef fillet, 0.9oz/25g melted butter, 2 cloves garlic, crushed freshly ground black pepper.
- Brush the beef with the butter combined with the garlic. Grill for 6-8 minutes each side, depending on the thickness.
- Sprinkle the meat with pepper. Stand the meat for 5 minutes before thinly slicing.
- To prepare the sauce, heat the coulis but do not boil. If too thick add a little water.
- Serve the warm sauce over the sliced beef.