



HANDY RECIPES

CULINARY INFUSED SIPS



Brûléeing

Ingredients:

- 1 cup fruit of your choice
e.g. pear, peach, banana
(sliced or cut into wedges)
- ¼ cup raw or demerara
sugar

Method

1. Sprinkle sugar onto one side of the fruit pieces.
2. Arrange fruit pieces, sugar side up, in single layer on large, shallow, foil-lined baking pan.
3. Grill on HIGH heat one side of each piece of fruit 3 to 5 minutes or until lightly browned and sugar has caramelised.



Roasting

Ingredients:

- 2½ cups fruit pieces

Method

1. Spread fruit in single layer on lightly greased baking sheet.
2. Roast in preheated 165°C oven for 15 minutes, turning halfway through cooking until golden. Let cool.



Pickling

Ingredients:

- 1½ cups white balsamic
vinegar
- ½ cup pickling spice mix*
- 24 fruit wedges, thinly sliced
e.g. melon, orange

Method

1. Boil vinegar and pickling spice in small saucepan for 2 minutes. Cool pickling liquid then pour through a strainer lined with cheesecloth (or unused new Chux cloth) into a jug. Fold up ends of cheesecloth to form a spice pouch; tie tightly with string.
2. Place fruit slices in large, resealable plastic bag or jar large enough to hold all of the slices. Add pickled vinegar and spice pouch to bag or jar. Seal tightly. Let stand at least 30 minutes to allow flavours to develop.



Pickling

*A pickling spice is a mixture of whole and broken spices, seeds, and herbs used to flavour in the pickling process. You can often buy one pre-mixed from a supermarket or make your own. Below is one recipe for making your own.

Homemade pickling spice mix

Makes approximately ½ cup

Ingredients:

- 2 cinnamon sticks
- 2 tablespoons whole allspice
- 2 tablespoons mustard seeds
- 2 teaspoons coriander
- 2 bay leaves, crushed
- 1 teaspoon ginger, ground
- 1 teaspoon chilli flakes
- 2 whole cloves
- 1 tablespoon black peppercorns
- 1 teaspoon nutmeg, ground
- 1 teaspoon cardamom, ground

Method

1. Combine all ingredients and store in an airtight container.



CULINARY INFUSED SIPS



Smoking



Smoking fruit, herbs or spices

Option 1

Smoking fruit, herbs or spices with wood chips

Ingredients

Fruit, herbs or spices (whole, fresh or dried)

Smoking ingredients

1 cup hickory or apple wood chips

Water

Method

1. Cover 1 cup hickory or apple wood chips with water and soak for 1 hour. Drain.
2. Preheat grill on high and place baking tray under grill until hot.
3. Fill hot baking tray with wet wood chips and place back under grill. Heat for about 10 minutes or until smoke appears from the chips. Reduce grill heat to medium.
4. Place a wire rack over the heated wood chips on the baking tray and arrange the fruit, herbs or spices on the wire rack. Place the prepared baking tray back under the grill for about 5 minutes and smoke the fruit, herbs or spices until fragrant. Take the baking tray from grill and allow to cool before removing fruit, herbs or spices.



Smoking



Smoking fruit, herbs or spices

Option 2

Smoking fruit, herbs or spices with tea

Ingredients

Fruit, herbs or spices (whole, fresh or dried)

Smoking ingredients

½ cup black tea leaves

½ cup raw sugar

½ cup long-grain rice

Method

1. Line a wok with foil. Add black tea leaves, raw sugar and rice to wok. Cover with a small rack and top with a heatproof plate.
2. Place the fruit, herbs or spices on the heatproof plate and cover the wok with a tight-fitting lid. Cook over a moderate heat until the wok starts smoking.
3. Smoke fruit, herbs or spices for 5 minutes until fragrant and then remove from wok.
4. Remove wok from heat, cool and discard tea mixture.

