

IDEAS USING CAPERTEE VALLEY SAFFRON DESSERT SYRUP

SPICED SNOW APPLES OR PEARS

1L cold water
2 ¾ cups sugar
3 cinnamon sticks
6 granny smith apples or pears peeled (not cored)
1/3 cup Capertee Valley Fig & cardamom Paste
3 egg whites
½ cup pistachio (finely chopped)
Capertee Valley Dessert syrup, to serve

Pre heat oven 200 degrees,
Stir water and 2 cups sugar over low heat until sugar is dissolved, then bring to a simmer, add
cinnamon and fruit
Cover and simmer for 12-15 minutes until fruit is tender
Transfer onto plate with paper towel, cool slightly, remove core
Fill centres with Fig Paste
Use electric beaters and beat egg whites, adding rest of sugar slowly until sugar is dissolved, thick
and glossy, fold in pistachios
Spread meringue mixture over each piece of fruit
Bake for 5-7 minutes until lightly brown
Serve with Saffron Syrup



OTHER IDEAS

- Serve with poached fruit , double cream & sprinkle over almond or pistachio praline
- Pancakes, French Toast, Crepes, Waffles
- Serves with soufflé
- Yogurt, ice-cream
- Cocktails-“Sticky Maid”-Gin, Saffron syrup, mint leave, ice & soda water
- Baklava- use saffron dessert syrup instead of sugar syrup
- Serve with custard filled filo tarts
- Serve with semolina puddings, rice puddings, Bread & Butter puddings or baked puddings
- Banana, apple or pineapple fritters
- Traditional Indian Desserts-Gulab Jamuns (Fried Milk Dumplings)
- Modak(Steamed Dessert Dumplings)
- Use syrup to sweeten cream
- Drizzle over cheesecake
- Warm syrup and pour over cakes or puddings