



CHERRIES

Cherries - don't they just bring to mind sunny day picnics? On the verge of summer, cherries are the perfect tasty fruit to enjoy!

Varieties: There are two main types of cherries - sweet and sour. Among these varieties are Supreme cherries (large heart-shaped cherries, ideal for jam); Rons cherries (a popular variety with deep red flesh); Van cherries (dark brown-red skin and sweet red flesh); and Bing cherries (a common sweet variety with a slightly rich flavour, good for eating fresh or cooked).

Buying: Choose cherries with glossy skins and green stems. The colour depends on variety, but they should all have shiny skin. Avoid any soft, dull or bruised fruit.

Storing: Eat cherries within four days of buying. They last longer with the stems attached. Store in an airtight container or plastic bag in your fridge. Cherries can be frozen, pitted, for six months.

Preparing: Rinse cherries before eating. The stones should be removed before use in cooking. And beware as the juice stains!



3 WAYS WITH CHERRIES:

1 Add a special touch to your Sunday pancakes with chopped fresh cherries and low-fat natural yoghurt.

2 Create a salad with a fruity twist: Toss together goat's cheese, rocket leaves, cherries and 1 tablespoon each pine nuts and Dijon dressing. Serve with grilled chicken breast. Delicious!

3 Indulge your sweet tooth with this tasty treat. Place chunks of sponge cake into serving glasses. Add some reduced-fat custard and pitted, roughly chopped cherries. Sprinkle with grated dark chocolate and you'll have a yummy dessert.[hfg](#)



My favourite in-season ingredient...

Maggie Beer, owner of Pheasant Farm restaurant in the Barossa Valley and TV cook and author.

"I love all citrus but the one I love purely for excitement, when I first see it come into season, is the blood orange. Blood oranges, when dark red inside, are the sweetest of all oranges but balanced beautifully with a refreshing tang. *I adore making maitaise mayonnaise by simply adding blood orange juice* to my homemade mayonnaise. Freeze the juice and grated rind so that you can enjoy maitaise sauce with the first asparagus of the season, or a cold, poached chicken salad. And blood orange takes rhubarb crumble to an entirely new level!

"Of course a glass of freshly squeezed blood orange juice is surely one of the simplest and most delicious ways of enjoying this amazing fruit, not to mention being good for you."

Blood oranges are a good source of vitamin C, potassium and antioxidants which give them their bright red colour.

Maggie Beer is a guest of the Brisbane Good Food and Wine Show, November 9-11, www.goodfoodshow.com.au

