



The fruits of SUMMER

Sweet treats with a seasonal twist

Photographer: MARIELOU AVERY Food writer LINDY WILDSMITH



Summer is a wonderful time for making puddings. All too often we just serve bowls of berries but why not ring the changes as different fruits come into season? Old-fashioned treats such as gooseberries, blackcurrants, greengages and cherries are often overlooked and yet make gorgeous yet simple seasonal fruit tarts, crumbles, charlottes and sponge puddings. Try out these delicious ideas.

Gooseberry Frangipane Serves 6-8

A frangipane (shown on previous page) is a particular favourite of mine as it can complement the seasons if you change the herb- or spice-laced fruit. I use sweet cicely to enhance the gooseberries but you can use elderflowers or elderflower cordial, even star anise. I use a pink gooseberry but you can use any variety. Cook the gooseberries in advance.

INGREDIENTS

- 400g gooseberries
- 100g caster sugar
- 2 tablespoons water
- Small bunch of sweet cicely or elderflowers, or 1 whole star anise. You can also use a tablespoon of elderflower cordial (but reduce the caster sugar to 80 g).

Sweet cicely is a perennial. Its leaves can be used to sweeten fruit tarts; you can also use its seeds, whole or ground.

FOR THE PASTRY

- 100g plain flour
- 10g cornflour
- 30g icing sugar
- 60g unsalted butter, softened
- 1 small egg yolk (reserve the egg white for later)
- 1 tablespoon iced water

FOR THE FILLING

- 80g unsalted butter
- 80g caster sugar
- 2 small eggs
- 1 tablespoon corn flour
- 2 level teaspoons baking powder
- 80g ground almonds
- 1-2 tablespoons flaked almonds

TO SERVE

- sweet cicely fronds (optional)
- sieved icing sugar

Preheat the oven to 180° C.

Equipment: 20 x 3.5 cm diameter tart tin

1 To make the pastry, sieve all dry ingredients in a bowl, add the butter, egg yolk and water and work quickly and lightly into a smooth round ball with your hands. Flour the work surface and using a rolling pin, flatten the ball of pastry into a 2 cm thick circle. Wrap in cling film and chill in the fridge for 1 hour.

2 Cook the gooseberries in a small pan with the sugar, 2 tablespoons of water and the sweet cicely, elderflowers, cordial or star anise. Put over low heat, bring gently to simmering point and cook gently for a few minutes.

3 Discard the sweet cicely, elderflower or star anise. Taste for sweetness, add more sugar if necessary, drain the juice into a jug and leave the gooseberries and juice to cool.

4 After an hour's rest, roll the pastry out thinly on a floured surface with a rolling pin and line the tart tin. Paint the base of the pastry case with egg white.

5 Put the sugar and butter in a bowl and whisk until light and creamy. Add the eggs a little at a time, beating well. Add the cornflour, baking powder and almonds, then carefully fold into the mixture. Add the drained and cooled gooseberries and fold them in gently.

Spoon the mixture into the pastry case, taking care to take it right up to the pastry edge. Sprinkle the flaked almonds over the top.

6 Place the tart in the centre of the oven and bake for about 45 minutes, until the filling is golden and springy to the touch. Reduce the heat to 160°C, gas mark 3, for the last 20 minutes, or if the almonds start to burn.

Put the gooseberry juice in a pan and boil over a high heat to reduce by half, pour into a jug and reserve. Remove the frangipane from the oven and leave to cool a little.

7 Serve the frangipane warm, cut into slices. Garnish with a sweet cicely frond drizzled with a few drops of the gooseberry syrup on each plate and sprinkle with icing sugar.

Gooseberry Frangipane per portion: Energy (kcal) 634, Fat (g) 38, of which saturates, 16, Carbohydrate (g) 67, of which sugars (g) 49, Salt (g) 1.0

Lipstick Macarons with Summer Fruit Mousse

Serves 8

This is a show stopping mousse-based dessert that can be made with any summer fruits and is decorated with thinly sliced strawberries and topped with a lipstick macaroon. If this all sounds too fiddly for you, simply make the mousse and serve it in small glasses topped with a strawberry half and a dainty macaroon or almond biscuit on the side.

Lipstick Macarons

- makes 12 -16 macarons depending on the size of the mousse moulds.

INGREDIENTS

- 70g icing sugar
- 35g sieved ground almonds (you may need to use 75g if your sieve is very fine; reserve whatever won't go through the sieve and use it for another recipe)
- ¼ level teaspoon of "claret" coloured food colouring paste concentrate
- 40g egg whites
- 25g caster sugar

1 Lightly oil two baking trays and line with baking parchment. Using the base of a small ramekin dish or the containers you are using to make the mousses, draw eight circles on each sheet of baking parchment.

2 Sieve the icing sugar and the sieved ground almonds together. Whisk the egg whites and the caster sugar until thick, then whisk in the colouring thoroughly.

3 Add a third of the sieved ingredients to the whisked egg white at a time, gently folding the mixture until all have been added.

4 Put a good teaspoon-sized blob of mixture into the centre of each marked circle on the paper on the trays. Flatten the blobs, by making a circular movement with the back of a dessertspoon, creating an even flat disc just slightly smaller than the marked circle.

5 Tap the tray vigorously and leave to stand for 20 minutes before baking. Cook at 170°C for 10-12 minutes or a little longer depending on their size (leave the oven door ajar to stop the macarons from getting too hot and discolouring) or until they feel firm to the touch, yet are still soft inside. The macarons should bubble around the edges and fracture slightly. Leave to cool on the trays.

6 Peel the lining paper from the macarons when quite cold. Store in an airtight tin.

For a simpler version, just serve the mousse in a glass with a macaroon or biscuit on the side



Summer fruit mousse

For an eye catching yet simplified version of this dessert, serve the mousse on its own in a pretty glass or a vintage teacup and saucer. Just add a spoon!

INGREDIENTS

- 450g raspberries or other summer fruit (e.g. blackcurrants or gooseberries)
 - 5 sheets of gelatine
 - 250g mascarpone
 - 75g caster sugar for the strawberries
 - 100g sugar for the mascarpone mixture
 - 120 ml Onken bio set yogurt
 - 1 large egg white
 - 200g strawberries for decoration
- 8 small ramekin dishes lined with cling film

- 1 Sieve the fruit through a mouli-legumes, or liquidise the fruit and then push it through a sieve. Put the fruit purée into a heat-proof bowl and put it on top of a suitably sized saucepan, one third filled with simmering water. Next, add the 75g sugar, stir and taste, adding more sugar if necessary.
- 2 Soak the gelatine sheets in cold water for 5 minutes then squeeze them dry. Add the gelatine to the purée and stir to dissolve. Take the bowl off the heat, transfer the strawberry mixture to a jug and leave to cool for 10 minutes.
- 3 Put the mascarpone, yogurt and 100g sugar in a bowl and whisk it until it is smooth. Add the fruit purée mixture and whisk it again. In

a clean bowl, whisk the egg white until fluffy, then gently fold this into the mascarpone and fruit mixture.

4 Thinly slice the strawberries and use them to line the outer edge of the ramekin dishes, with the flat edges at the top.

5 Spoon the mixture into the ramekin dishes, level and leave overnight to set.

6 When ready to serve: turn out the mousse onto a plate, remove the cling film from the mousse and top with a lipstick macaroon. Serve with cream.

Summer fruit mousse with lipstick macaroons Per portion: Energy (kcal) 354, Fat (g) 18, of which saturates (g) 10, Carbohydrate (g) 41, of which sugars (g) 41, Salt (g) 0.4

Whetted Your Appetite?

Join us to hone your skills at one of the fantastic classes at the WI Cookery School in Oxfordshire

THE WI GUIDE TO PERFECT PASTRY

21-23 July with Alison Haigh

CUPCAKES AND MACARONS

1-3 September

with Natalie Green

TRATTORIA CLASSICS

29 September - 1 October

with Lindy Wildsmith

SIMPLY INDIAN

15-17 October

with Rama Santha Ram

LOW SUGAR BAKING

3-5 November with Clare Walsh



Baked Almond-Stuffed Peaches In Marsala Wine

Serves 4

This Italian recipe is a tasty, easy way to serve peaches. It's particularly good for using up under-ripe fruits that are not sweet enough to enjoy as nature intended.

INGREDIENTS

- 4 large peaches, washed
- 12 large Amaretti biscuits, roughly crushed
- 50g ground almonds
- 20g unsalted butter, softened
- 1 egg
- 1 tbsp sugar
- 100ml Marsala
- 100ml water
- 150g raspberries to serve
- Icing sugar for dusting

Preheat the oven to 190° C/Gas Mark 5.

1 Cut the washed peaches in half around the middle and remove the stone. Using a grapefruit spoon or teaspoon, dig out some of the flesh, leaving a shell ½ cm thick; chop

the flesh and put it into a bowl.

2 Add the roughly crushed Amaretti and ground almonds.

3 Add half the softened butter and the egg and mix well. Fill the peach halves with this mixture, mounding it up over the top.

4 Fit the peaches snugly in a buttered gratin dish or baking tray. Sprinkle with sugar and dot with remaining butter.

5 Pour the Marsala and water around the peaches and bake for about 40 minutes or until tender. To serve, add the raspberries to the pan juices and sprinkle with icing sugar.

Baked stuffed peaches

Per serving: Energy (kcal) 791, Fat (g) 26, of which saturates (g) 5, Carbohydrate (g) 121, of which sugars (g) 111, salt (g) 0.3.