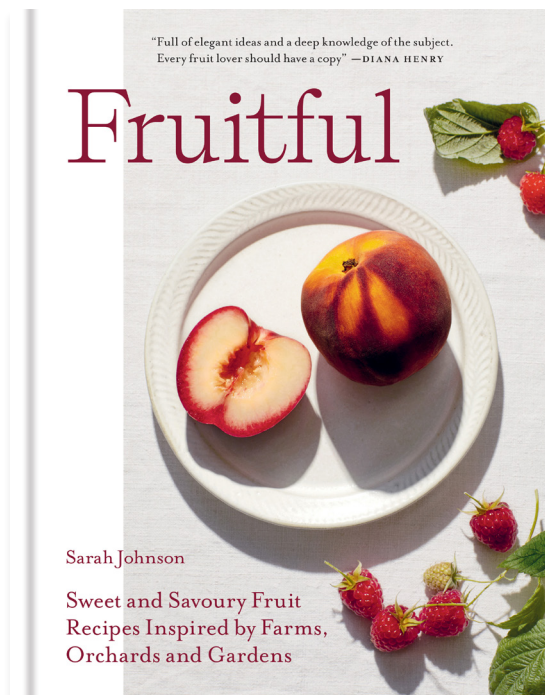


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Fruitful

Sweet and Savoury Fruit
Recipes Inspired by Farms,
Orchards and Gardens

Sarah Johnson

25th April 2024 | £30.00 HB | Kyle Books

“A fresh and delicious book, full of simple and nourishing recipes that honour our connection to the earth”

ALICE WATERS

“A delicious celebration of ripe seasonal produce”

DARINA ALLEN, BALLYMALOE COOKERY SCHOOL

A celebration of fruit, and all the glorious variety it can bring to our plates, this comprehensive new cookbook shows how to source, cook and enjoy fruit throughout the year in both sweet and savoury recipes.

Covering all the key techniques for cooking with fruit, such as roasting, poaching and puréeing, the book contains over 80 recipes in chapters on citrus, berries, stone fruit, orchard and vine fruits, pome fruits, shrubs and stalks. From Polenta and Blackberry Muffins to Pan-Fried Duck Breast with Blackcurrant, the recipes vary from crisp apples to

buttery pears, fragrant peaches to plump berries, and zingy vibrant lemons to juicy cherries, and include jams, sorbets and ice creams. Interspersed between the recipes are flavour charts for every fruit, expert advice for mastering the key techniques, and thought-provoking contributions from fruit growers around the world.

From mouth-watering suppers, elegant cakes and luxurious desserts, Fruitful is a definitive guide to cooking with fruit, set to become a timeless resource in the kitchen for years to come.

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Sarah Johnson is an American-born pastry chef who trained under Alice Waters at Chez Panisse in Berkeley, California, and currently splits her time between Spring restaurant, London, and Heckfield Place, Hampshire, as Head of Pastry Development. Her close relationship with the farmers and producers that supply the restaurants has given her a wealth of knowledge on the best fruits to buy and cook, and fantastic tips and tricks to get the most from your produce.



Lemony Chicken Piccata

Lemon, chicken and capers appear harmoniously together in a number of dishes, however my favourite version is in this Italian-American classic. Serve it with rice, or homemade mashed potatoes and garlicky green beans.

SERVES 4

- 4 skinless chicken breasts, cut and paper
- 150g (5 1/2 oz) butter, softened
- 500g (1 1/4 lb) oil of 250g (9 oz) salt-free capers
- 1 1/2 cups (375 ml) white wine
- 1/2 cup (125 ml) fresh lemon juice
- 1/2 cup (125 ml) extra virgin olive oil
- 1/2 cup (125 ml) fresh parsley, finely chopped

Begin by cutting each chicken breast in half, slicing through horizontally to create two thinner pieces. Place the skin between the pieces, flattening and gently pound until they're about 1/2 cm (1/2 inch) thick. Season the chicken with salt, cover tightly and set aside for 30 minutes to marinate.

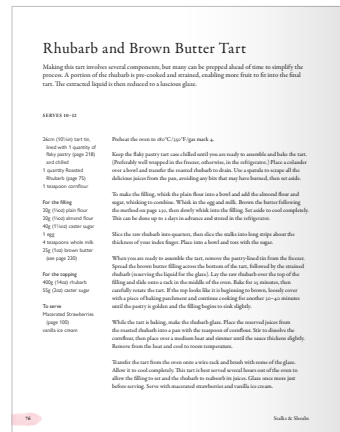
When you're ready to cook, heat a large heavy-bottomed frying pan over a medium-high heat then add 1/2 cup (125 ml) of the butter and the oil. Pre-heat the oven to 180°C (350°F). Drain the chicken and pat dry. Dip each piece into the flour, shaking off the excess. When the pan is hot and the butter begins to sizzle, place the chicken in the pan, ensuring you don't overcrowd the pan (you may need to do this in two batches). Allow the chicken to cook for 2-3 minutes, turning frequently before flipping them. Once they are crisp and golden brown, and release easily from the bottom of the pan, flip them and quickly use the other half of the butter to sear. Transfer to a plate and set aside. Repeat with the remaining pieces of chicken.

Add the chopped garlic to the pan and let it sizzle briefly, but before it browns, add the white wine. Bring the liquid to the boil and let it reduce until it's nearly evaporated. Add the chicken stock and using a spatula, scrape off any brown bits from the bottom of the skillet. Add the lemon juice, capers and the remaining butter, stirring them around to form a creamy emulsion. Place the chicken cutlets back into the pan, spooning the sauce over each piece until they are warmed through. Lift the pan off the heat and let everything rest for 5 minutes.

Just before serving, garnish the dish with freshly chopped parsley and wedges of lemon.

Lemony Chicken Piccata

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Rhubarb and Brown Butter Tart

Making this tart involves several components, but many can be prepped ahead of time to simplify the process. A portion of the rhubarb is pre-cooked and strained, making sure there is no liquid left. The extracted liquid is then reduced to a luscious glaze.

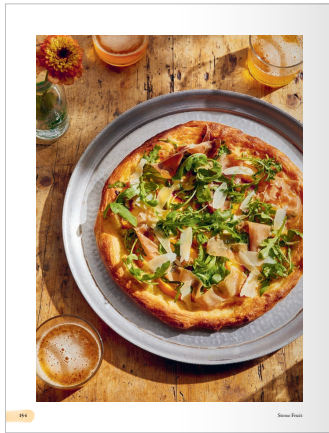
SERVES 10-12

- 200g (7 1/4 oz) tart, oil-free shortcrust pastry, rolled out to 28cm (11 in) diameter
- 1/2 cup (125 ml) brown butter, cooled
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Pre-heat the oven to 180°C (350°F) and mark a 28cm (11 in) circle on the parchment paper. Roll out the shortcrust pastry and place it on the parchment paper. Prick the base with a fork and chill in the refrigerator for 30 minutes. In a small saucepan, melt the brown butter over a medium heat, stirring frequently. Once it's melted, strain it through a fine-mesh sieve and set aside to cool. In a separate saucepan, reduce the rhubarb liquid until it's thickened. In a bowl, combine the rhubarb, brown butter, and reduced liquid. Roll out the remaining shortcrust pastry and place it on top of the first layer. Press the edges together to seal the tart. Bake for 30 minutes.

Rhubarb and Brown Butter Tart

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Pizza with Peaches, Stracciatella, Rocket and Prosciutto

In this recipe pizza is topped with peaches and creamy stracciatella, then baked quick and hot until golden. After it comes out of the oven, it is finished with generous quantities of rocket, prosciutto and paper-thin prosciutto.

SERVES 4-6

- 1/2 quantity Stracciatella (page 125), ready to use
- 1/2 quantity rocket, washed and trimmed
- 1/2 quantity prosciutto, sliced
- 1/2 quantity peach, sliced
- 1/2 quantity prosciutto, sliced
- 1/2 quantity prosciutto, sliced
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Make the dough the day before, covering the bowl, and place in the refrigerator overnight. The following day, remove the dough from the refrigerator and place on a clean work surface. Sprinkle it with a little oil, lightly stretching with one of the dough balls. Roll it out to the size of the pizza base, then cut it into 12 equal pieces. Roll each piece into a ball and set aside for 30 minutes. Oil a large baking tray or pizza stone.

Pre-heat the oven to 220°C (425°F) and mark a 28cm (11 in) circle on the parchment paper. Roll out the shortcrust pastry and place it on the parchment paper. Prick the base with a fork and chill in the refrigerator for 30 minutes. In a small saucepan, melt the brown butter over a medium heat, stirring frequently. Once it's melted, strain it through a fine-mesh sieve and set aside to cool. In a separate saucepan, reduce the rhubarb liquid until it's thickened. In a bowl, combine the rhubarb, brown butter, and reduced liquid. Roll out the remaining shortcrust pastry and place it on top of the first layer. Press the edges together to seal the tart. Bake for 30 minutes.

When the pizza is cooking, place the rocket in the fridge, along with a pinch of salt and a drizzle of olive oil. Once the pizza is cooked, transfer it from the oven and cover with sliced rocket, followed by the prosciutto and shavings of prosciutto. If you're serving the pizza immediately, while still hot.

Pizza with Peaches, Stracciatella, Rocket and Prosciutto

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Fruit Cake Ice Cream

Here is a hot cream for the winter months. Inspired by the flavors of a traditional British fruit cake, I often make this ice cream around Christmas to serve with apple tart. However, it is perfectly delicious on its own or to pair with Salted Almond Cookies (page 74).

SERVES 6-8

- 400ml (14 1/2 cup) double cream
- 400ml (14 1/2 cup) whole milk
- 1/2 cup (125 ml) white sugar
- 1/2 cup (125 ml) white sugar
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Place the double cream, milk, sugar, salt, cinnamon, nutmeg and clove into a heavy-bottomed saucepan and place over medium heat. Heat until the mixture is hot, then whisk over the top and set aside to cool. Meanwhile, in a separate bowl, combine the fruit cake, rum, and orange juice. Place the mixture in a bowl and set aside to cool.

When the mixture is cooled, place the sugar in a small saucepan and heat over a medium heat, stirring frequently. Once it's melted, strain it through a fine-mesh sieve and set aside to cool. In a separate saucepan, reduce the rhubarb liquid until it's thickened. In a bowl, combine the rhubarb, brown butter, and reduced liquid. Roll out the remaining shortcrust pastry and place it on top of the first layer. Press the edges together to seal the tart. Bake for 30 minutes.

Place the cream, cinnamon, prosciutto and nut shavings into a heavy-bottomed bowl, cover half the top with fruit cake, then fill the rest of the bowl with boiling water. Allow to cool, then cover and store at room temperature overnight.

Fruit Cake Ice Cream

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