



in season cherries

Eat, drink and be cherry with these in-season sensations!



Super-easy
LOWER SODIUM
HEART FRIENDLY
 Pork steaks with cherry relish

vogies
 per serve

\$4.21 per serve

Pork steaks with cherry relish

Serves 4
 2 teaspoons olive oil
 4 (150g each) butterflied pork steaks
 steamed green beans and chat potatoes,
 to serve

Cherry relish

2 teaspoons olive oil
 3 eschalots, peeled, thinly sliced
 2 tablespoons port
 2 tablespoons red wine vinegar
 ¼ cup caster sugar
 1 cinnamon stick
 3 whole cloves
 ½ teaspoon black peppercorns
 6cm strip orange rind
 350g cherries, pitted

1 Make relish Heat oil in a saucepan over medium heat. Cook eschalots, stirring occasionally, for 5 minutes or until softened. Add port, vinegar, sugar, cinnamon, cloves, peppercorns and orange rind. Cook, stirring, for 2 minutes or until sugar has dissolved. Add cherries. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 20 to 25 minutes or until cherries have softened and mixture has thickened slightly. Transfer to a bowl (see note).

2 Heat oil in a frying pan over medium-high heat. Season pork with salt and pepper. Cook for 3 to 4 minutes, each side, or until cooked through. Serve with cherry relish, beans and potatoes.

NOTE Makes approximately 1 cup relish. Serve warm or cold. Store, covered, in an airtight container in the fridge for up to 1 week.

Preparation

Rinse cherries just before serving. Serve cherries with stones intact or pitted. To pit cherries, cut a slit in one side with a small sharp knife then remove the stone.

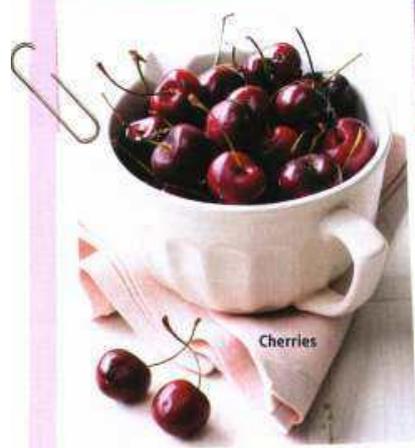
Nutrition

Cherries are high in vitamin C, contain soluble dietary fibre and are rich in antioxidants. They're also low-GI for longer-lasting energy.

Cherries, the most prized of stonefruit, have been cultivated for thousands of years and traditionally herald the summer festive season in Australia.

Buying and storing

Select plump, glossy cherries with green stems intact. Avoid dull, bruised, small or hard fruit. Store in an airtight container or plastic bag in the fridge, as cherries keep longer when cool.



Cherries

RECIPES: KATRINA WOODMAN PHOTOGRAPHY: BEN DEARNEY STYLING: MICHAELA LE COMPTE FOOD PREPARATION: EMMA BRAY



Freezer

Cherry and white chocolate semifreddo

Cherry and white chocolate semifreddo

Serves 8

- 250g cherries, pitted
- 4 egg yolks
- 1 teaspoon vanilla bean paste
- 1/2 cup caster sugar
- 1 1/2 cups thickened cream
- 3 egg whites
- 100g white chocolate, finely chopped
- pitted fresh cherries, silver cachous and flaked coconut, to serve

- 1 Grease a 7.5cm-deep, 10.5cm x 25.5cm (top) loaf pan. Line base and sides with baking paper, allowing 3cm overhang on all sides. Roughly chop cherries. Place on a plate lined with paper towel. Pat dry.
- 2 Using an electric mixer, beat egg yolks, vanilla and sugar together for 2 to 3 minutes or until thick and creamy. Wash and dry beaters. Beat cream in a separate bowl until soft peaks form. Wash and dry beaters. Beat egg whites in a separate bowl until stiff peaks form.
- 3 Gently fold cream, cherries and white chocolate into egg yolk mixture. Fold egg white, in 2 batches, into cream mixture.
- 4 Spoon into prepared pan. Cover surface with plastic wrap. Freeze overnight or until firm. Set aside for 5 minutes to soften. Turn onto a plate. Top with cherries, cachous and coconut. Serve.



No-cook

Cherry cheesecake tarts

Cherry cheesecake tarts

Serves 4

- 350g cherries, pitted
- 1 tablespoon brandy
- 2 1/2 tablespoons icing sugar mixture
- 1/2 x 250g packet Arnott's Choc Ripple biscuits
- 70g butter, melted
- 200g cream cheese, softened
- 1/2 cup pure cream, whipped

- 1 Place cherries, brandy and 2 teaspoons icing sugar in a bowl. Stir to combine.
- 2 Lightly grease four 2cm-deep, 10cm (top) round loose-based fluted flan tins. Process biscuits until mixture resembles fine breadcrumbs. Add butter. Process to combine. Divide mixture between tins. Using the back of a spoon, press mixture over base and sides of tin. Cover with plastic wrap. Refrigerate for 30 minutes or until firm.
- 3 Using an electric mixer, beat cream

cheese and remaining icing sugar in a bowl until smooth. Fold in cream.

4 Carefully remove biscuit cases from tins. Divide cream cheese mixture between cases. Top with cherry mixture. Serve.

TIP Use a cherry pitter to remove stones from cherries. They're available from homeware and specialist stores. ■

5 quick cherry ideas

- * Top sliced baguette with goat's cheese, leg ham and fresh cherries for an easy festive canapé.
- * Poach cherries in port with a little sugar and serve with vanilla ice-cream.
- * Serve pancakes with chocolate sauce and fresh cherries.
- * Mix chopped fresh cherries with custard and layer between chocolate cake and whipped cream for a black forest trifle.
- * For an easy treat, dip cherries in melted dark chocolate. Refrigerate until firm.