

RASPBERRY JAM

Taste the fruit

INGREDIENTS

1kg fresh or frozen raspberries

750g sugar

1pkt jam setter (optional)

METHOD

Place raspberries in a large pot on low and stir until the fruit flows. Add sugar and stir until dissolved. Increase heat and allow mixture to boil for 15mins stirring occasionally. Add jam setter and cook for a further 5mins. Test jam on a cooled plate, place a blob of jam on a dry plate, allow it to cool and then push your finger through the jam, if it has a skin forming, all is well. Pour hot jam into jars and screw lids on tightly. If it is runny, use it as sauce.

The setting of your jam and flavour does depend on the quality of your fruit. We recommend our 'Willamette' Raspberries because of their sweet, juicy raspberry flavour. Jam setter is optional, this addition depends on the water content in the fruit. It is often better to add it, to save disappointment.



Kinglake Raspberries

Tooheys Rd

Pheasant Creek

Ph: (03)5786 5360

Pick Your Own

**“The Cheapest way to get
the Freshest Fruit”**



EASY RECIPIES FOR RASPBERRIES

Quick Ice-Cream

INGREDIENTS

250g Raspberries (frozen or fresh)

300ml cream, whipped

1-cup sugar

2 tablespoons milk

METHOD

Blend berries, sugar and milk in vitamiser.

Fold in the whipped cream and pour into tray

And freeze. Metal trays produce better results

Than plastic and should be chilled in the freezer

while the ice cream is being prepared.



Raspberry Marshmallow Ice

INGREDIENTS

200g Cream Cheese (at room temperature)

250g packet of marshmallows

2/3 cup of milk

2/3 cup of thickened cream

1 cup of raspberries

1-tablespoon brown sugar

METHOD

Melt marshmallows in milk over low heat and leave to cool.

Beat cream cheese until it is smooth, fold in cream

Sprinkle sugar over raspberries and gently mix together,

then add this to the marshmallow mixture and blend all

together. Freeze. Serve with shavings of chocolate.



MUFFINS SLICES BISCUITS

Raspberry Muffins

Number-6 Large/12 Small

Cooking utensil: greased muffin pans

Oven Temp: 180 °C

Cooking Time: 15-20mins

INGREDIENTS

1½ cups self-raising flour

1-cup raw sugar

60g butter

1 egg, beaten

60ml milk

1½ cups thawed or fresh raspberries

METHOD

Cream butter and sugar. Add beaten egg and mix until creamy. Add sifted flour, milk and raspberries and blend until mixed but still lumpy. Half fill muffin pans with mixture and bake until golden brown.



Raspberry Yoghurt Dessert

INGREDIENTS

1 cup Raspberries

1 cup of thick plain yoghurt

4 tablespoons castor sugar

½ grated lemon rind

100g grated 'Energy' Chocolate

METHOD

Mix yoghurt, sugar and lemon. Add the cream. Fork the raspberries through the mixture and then add the chocolate.



Chantilly Raspberries

INGREDIENTS

400g Raspberries

2 tablespoons Cointreau or Grande Marnier

2 egg whites

1 tablespoon castor sugar

150ml natural yoghurt

Grated rind of ½ lemon, plus finely cut strips

METHOD

Divide raspberries between 4 glasses. Sprinkle liqueur over them and leave to marinate. Whip egg whites until stiff and gently fold them with the sugar and lemon rind into the yoghurt. Cover the raspberries with the yoghurt mixture. Decorate with finely shredded lemon rind and sprigs of mint.



Summer Pudding



INGREDIENTS

8-10 slices bread, with crust removed
2 tablespoons sugar
juice 1 lemon
3 cups raspberries
extra berries for decoration

METHOD

Line a pudding basin with bread slices, fitting the slices well together so there are no gaps. Gently heat sugar and lemon juice, stirring until sugar dissolves. Add berries and stir gently for 2 minutes, or until some juices begin to run from the berries. Place berries into bread-lined basin, top with more bread, pushing bread in slightly to soak up juices. Cover with a small plate or saucer, place a weight on top. Leave for at least 12 hours. Unmould and serve with thick cream, and garnish with extra berries



Banana and Raspberry Muffins

Cooking utensil: greased muffin tray

Oven temp: 200°C

Cooking time: 15-20mins

Makes 6 Large/12 Small

INGREDIENTS

1½ cups self- raising flour
¼ teaspoon salt
1cup raw sugar
40g melted butter
¾ cup milk
1 egg, beaten
1cup raspberries fresh, frozen
2 over ripe bananas, mashed

METHOD

Mix flour, salt and sugar. Melt butter, mix with milk, add egg and mix well. Using a knife, stir milk mixture into flour until just mixed, but still lumpy. Mix raspberries and banana into mixture with knife, be careful not to over mix. Place mixture into muffin pans sprinkle with brown sugar and bake until golden brown.



Raspberry Meringue Biscuits

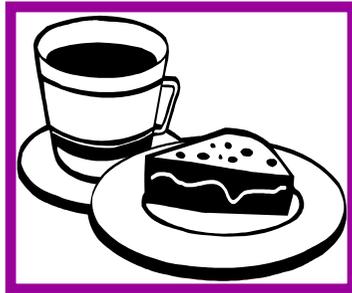
Cooking utensil: Greased oven tray

Oven Temp: Low

Cooking Time: 10mins

INGREDIENTS

2 cups SR flour
125 g butter
4 tablespoons sugar
1 egg-separated
2 tablespoons milk
1 cup icing sugar
Raspberry jam



METHOD

Sift flour and rub in the butter. Add sugar and make firm dough, adding the egg yolk and milk. Turn on to a floured board and halve dough. Roll out one half thinly and spread with jam. Make a meringue with egg white and icing sugar, beating until stiff. Spread half of the mixture over the jam and cut into fingers. Place on a greased tray and bake in a very slow oven until pale brown, while the second half of the dough is treated the same as the first-rolled out, spread with jam and meringue. Leave fingers on tray until cold.



DESSERTS

Self Saucing Raspberry Pudding (For the microwave)

INGREDIENTS FOR SAUCE

500g Raspberries
1 $\frac{1}{2}$ cups self raising flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup hot water
50g butter

METHOD

Place half the raspberries in a blender with the sugar, water and butter, blend until smooth, then place into the base of a 2-3 litre casserole dish.

INGREDIENTS FOR THE PUDDING

125g sugar
125g butter
1 egg
 $\frac{1}{2}$ cup milk

METHOD

Cream butter and sugar, add egg then milk and flour, mix together well. Gently fold through remaining raspberries and pour over the sauce mixture, cover and cook on high for 6 $\frac{1}{2}$ minutes. Stand for 8 minutes then serve with cream and ice-cream.

