

SUMMER RECIPES

- 2020/21 -



EXPLORE THE WORLD OF TASTE
[PERFECTION.COM.AU](https://www.perfection.com.au)



ABOUT PERFECTION

The crack of crisp Broccolini®. The luscious, red sweetness of raspberries. Tastes, textures and colours that turn everyday meals into memorable moments. These are our greatest passions in life. Since 1978 we've travelled the world searching for fresh produce that's tastier and fresher in flavour. And when we find the absolute best, we bring it home to Australia, to grow, perfect and share with you.

OUR PRODUCE

We're behind some of Australia's favourite, freshest flavours. From Broccolini® - one of our greatest and tastiest field discoveries, to our coolest, crunchiest creation yet, Qukes® baby cucumbers. Among our many claims to fame are our luscious, vine-ripened tomatoes, grown especially for you in all shapes and sizes. And our exclusive lines of blueberries, raspberries and mangoes - like a taste of tropical paradise.

EXPLORE WINTER RECIPES 2020



5
Qukes® Solanato® Antipasto Christmas Wreath Skewers

7
Barbecue Chilli Lime Calypso® Mango with Prawns

9
Romatherapy® Tomato & Chargrilled Mexican Beef Salad

11
Little Greek Qukes® Lamb Kofta

13
Summer on a Plate

15
Strawberry Lime and Vanilla Panna Cotta


17
Berry Gin and Tonic Popsicles

19
Calypso® Mango Daiquiri Trifle

STARTER

QUKES® & SOLANATO® ANTIPASTO CHRISTMAS WREATH SKEWERS

Fancy yet simple to create

 **Serves**
8 (makes 24)

 **Prep**
45 minutes

INGREDIENTS

- 2 x 200g Sweet Solanato® Tomatoes
- 250g Qukes® baby cucumbers
- 175g Minicaps® baby capsicums
- 125g Brie, chopped
- 300g charcuterie like (salami, prosciutto, chorizo)
- 650g antipasto (like marinated artichokes, eggplant, zucchini, red peppers)
- 120g pitted mixed olives
- 220g cherry bocconcini, drained
- 1 cup large basil leaves
- Sprigs rosemary & extra virgin olive oil, to serve

METHOD

1. Cut the Minicaps® in half lengthways and fill with chopped brie.
2. Press Sweet Solanato® tomatoes, Qukes® and stuffed Minicaps® randomly with charcuterie, antipasto, olives, bocconcini and basil leaves onto skewers.
3. Arrange in a wreath shape on a platter or board. Top with rosemary and drizzle with olive oil. Season and serve.

Tip: Suitable for entertaining outside the Christmas season. Simply place the skewers on a wooden board or platter.






ENTERTAINING

BARBECUE CHILLI LIME CALYPSO® MANGO WITH PRAWNS

A classic summer combo

 Serves
4

 Quick Prep
15 minutes

 Quick Cook
10 minutes

INGREDIENTS

- 4 Calypso® mangoes
- 2 limes
- 1 tsp dried chilli flakes
- ½ cup white sugar
- 1 tsp sea salt flakes
- 700 cooked prawns, peeled, deveined
- 60g rocket leaves

METHOD

1. Grate the rind from the limes. Place rind, chilli, sugar and salt into a small food processor. Process until well combined. Transfer to a bowl.
2. Half the limes. Juice two lime halves.
3. Slice the cheeks from each Calypso® mango. Score each portion deeply into the flesh in a cross-hatch pattern, cutting down but not through the skin. Spoon lime juice over the mangoes, allowing juice to run between cuts. Sprinkle 1 tsp chilli lime mixture over each.
4. Preheat a clean barbecue plate or chargrill on high heat. Place a piece baking paper onto the hot barbecue plate. Working quickly, place 4 mango cheeks, cut side down onto the paper. Barbecue for 4-5 minutes until charred. Remove to a board. Repeat with remaining mango, using a fresh sheet of baking paper.
5. Sprinkle a little more chilli lime mixture over each mango half. Serve with fresh prawns and rocket.

Tip: Also delicious with barbecue pork or chicken.



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SALAD

ROMATHERAPY® TOMATO & CHARGRILLED MEXICAN BEEF SALAD

A complete meal - nothing else needed



Serves
4



Quick Prep

15 minutes
+ 10 mins resting



Quick Cook

18 minutes

INGREDIENTS

- 250g Romatherapy® Baby Roma Tomatoes
- 175g Minicaps® baby capsicums
- Olive oil cooking spray
- 2 sweet corn cobs, husks removed
- 3x200g sirloin steaks,
- 4 tsp Mexican spice blend or taco seasoning
- 420g can black beans, rinsed, drained
- 1 cos heart lettuce, shredded
- 1 large avocado, chopped
- ½ cup coriander leaves
- Lime wedges, to serve

Jalapeno Dressing

- 2 tbs extra virgin olive oil
- 1 lime, juiced
- 2 tsp jalapeno, finely chopped
- 1 tsp honey

METHOD

1. Preheat a barbecue grill on medium-high. Spray corn and Minicaps® with oil. Barbecue for 8-10 minutes or until corn and Minicaps® are lightly charred and tender. Cut the corn kernels from the cobs and roughly chop the Minicaps®. Place in a bowl. Add the Romatherapy® tomatoes, beans, lettuce, avocado and coriander.
2. Spray both sides of the steaks with oil, sprinkle over spice blend, pressing on with fingertips. Barbecue the steaks on the hot grill for 1 minute. Turn and barbecue for a further 1 minute. Reduce heat to medium, barbecue 3-5 minutes for medium or until cooked to your liking. Transfer steaks to the wire rack and stand 10 minutes to rest. Slice.
3. Divide salad between 4 serving plates. Top with steak. Whisk all the dressing ingredients together. Pour over the steak and salad. Serve with lime wedges.



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SIDE

LITTLE GREEK QUKES® LAMB KOFTA

absolutely yum



Serves
6



Quick Prep
20 minutes



Quick Cook
24 minutes

INGREDIENTS

- 250g Qukes® baby cucumbers
- 2 tbs olive oil
- 1 brown onion, grated
- 1 garlic clove, crushed
- 1 tbs pine nuts, chopped
- 500g lamb mince
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp ground cinnamon
- 2 tbs tomato paste
- ½ cup soft breadcrumbs
- 1 tbs currants
- ¼ cup flat parsley leaves, chopped
- ¾ cup thick yoghurt
- 1 tbs tahini
- 1 tbs sesame seeds, toasted
- 6 torpedo rolls, halved through the centre

METHOD

1. Heat 1 tablespoon of oil in a large frying pan over a medium heat. Add the onion and garlic and cook for 2 minutes until soft. Increase heat to medium-high, add pine nuts and cook for 2 minutes until light golden. Transfer to a bowl, set aside to cool. Wipe frying pan clean.
2. Add mince, cumin, coriander, cinnamon, tomato paste, breadcrumbs, currants and parsley to the onion mixture. Season and mix until well combined. Roll tablespoons of mixture into a kofta shape. Place onto a plate, cover and refrigerate for 30 minutes if time permits.
3. Heat the remaining oil in the large frying pan over medium heat. Add half the kofta and cook, turning often, for 10 minutes or until browned and cooked through. Remove to a plate and repeat with remaining kofta. Combine the yoghurt, tahini and half the sesame seeds.
4. Spread both sides of each roll with the yoghurt mixture. Cut Qukes®, each into thirds lengthways. Fill the rolls with Qukes® and kofta. Sprinkle with the remaining sesame seeds and extra parsley if desired. Season and serve.



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LUNCH

SUMMER ON A PLATE

To laze in the shade of a tree with the feet up feasting

 Serves
4

 Prep
30 minutes +
15 mins cooling

 Quick Cook
30 minutes

INGREDIENTS

- 1200g Qukes® baby cucumbers
- 200g Sweet Solanato® Tomatoes
- 125g Perfection Raspberries
- 125g Perfection Blackberries
- 2 x 320g Mix-a-mato® tomatoes
- 2x125g burrata or buffalo mozzarella, drained
- 16 medium cooked prawns, peeled, deveined
- 1 cup mixed fresh herbs like basil, parsley and snow pea tendrils
- chargrilled sourdough spread with marinated feta, pomegranate molasses, to serve

Poached Mix-a-mato® Tomatoes

- 6 large garlic cloves, peeled
- 8 thyme sprigs
- 3 fresh bay leaves
- 3 cups olive oil

METHOD

1. For the poached Mix-a-Mato® tomatoes, wash tomatoes and pat dry with paper towel. Place the Mix-a-Mato® tomatoes in a medium saucepan with garlic, thyme and bay leaves. Pour over the oil (tomatoes should be completely covered). Place over low heat (use the small hob on your stove top) for 30 minutes or until tomatoes are just tender and some skins may split. Skim any scum from the surface. Cool for 15 minutes then carefully spoon into a sterilised jar. Seal jars and set aside to cool completely then refrigerate.
2. Tear the burrata or buffalo mozzarella into pieces and arrange between 4 serving plates. Top with Solanato® tomatoes and season. Add Qukes®, prawns, berries, herbs and sourdough to the plate. Spoon some oil and poached Mix-a-Mato® tomatoes over the sourdough. Drizzle the plates with pomegranate molasses and serve.

Tip: Poached Mix-a-Mato® tomatoes will keep refrigerated for 3 weeks after opening. Keep completely covered in oil.



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DESSERT

STRAWBERRY LIME AND VANILLA PANNA COTTA

These cool delights will bring joy to the heart

 **Serves**
4

 **Prep**
20 minutes + 4
hrs chilling

 **Quick Cook**
10 minutes

INGREDIENTS

- 2 x 250g Perfection Strawberries
- 1 cup (220g) caster sugar
- 2 limes, juiced
- 300ml thickened cream
- 2 tsp powdered gelatine
- 1 tsp vanilla bean paste
- 1 ¼ cups (330g) Greek yoghurt
- Limes wedges, to serve, optional

METHOD

1. Set 4 strawberries aside in the fridge until you are ready to serve. Slice the remaining strawberries. Combine ½ cup sugar, lime juice and 1 tablespoon water in a medium non-stick saucepan. Bring to simmer, stirring to dissolve the sugar. Simmer gently 1 minute. Remove from the heat. Add sliced strawberries, shake the pan gently to coat. Cool 15 minutes.
2. Using a slotted spoon, spoon the strawberries between 4 x ¾ cup capacity (185ml) glasses. Refrigerate until required. Pour the syrup into a jug and refrigerate until ready to serve.
3. Pour 100ml of cream into a medium saucepan. Sprinkle over the gelatine. Whisk gently over low heat until the cream is warm and gelatine has dissolved (do not boil). Add the remaining cream, remaining ½ cup sugar and vanilla. Whisk gently over low until sugar has dissolved and mixture is warm, do not boil. Remove from heat and stand 5 minutes. Whisk in yoghurt, then strain into a jug.
4. Pour panna cotta mix over the strawberries, cover and refrigerate 4 hours until set. Just before serving, hull and slice reserved strawberries, arrange over panna cotta. Spoon over reserved strawberry lime syrup. Serve with lime wedges.





DESSERT

BERRY GIN AND TONIC POPSICLES

Slurp.. suck.. but try not to slurp



Serves
16



Quick Prep
10 mins +
overnight freezing



Quick Cook
3 minutes

INGREDIENTS

- 2 x 125g Perfection Blueberries
- 1 cup (220g) caster sugar
- 160ml ($\frac{2}{3}$ cup) Gin
- 400ml tonic water

METHOD

1. Combine blueberries, caster sugar and 1 cup (250ml) water in a saucepan. Stir over medium-high heat until sugar is dissolved. Bring to a gentle boil, then remove from heat immediately. Set aside to cool.
2. Add Gin and tonic to the blueberry mixture. Half fill 16x 80ml ($\frac{1}{3}$ cup) capacity ice-block moulds with blueberry gin and tonic mixture. Freeze two hours then fill with remaining mixture. Insert popsicle sticks. Freeze overnight.

Tip: If you don't have popsicle moulds you can use disposable plastic cups.

Tip: You can use Perfection Blackberries instead of Blueberries or a combination of both in this recipe.






DESSERT

CALYPSO® MANGO DAIQUIRI TRIFLE

Impress your guest with this twist on a trifle

 **Serves**
10 servings

 **Quick Prep**
2 minutes +
overnight

 **Quick Cook**
15 minutes

INGREDIENTS

- 5 Calypso® Mangoes
- 3 limes
- 100ml whit rum
- 2 cup mango nectar
- 4 tsp gelatine powder
- 2 tbs caster sugar
- 250g mascarpone
- 18 (165g) thin sponge finger biscuits, halved crossways
- 300ml thickened cream, whipped
- 4 passionfruit, to serve
- 2 ½ cups vanilla custard

Tip: For an alcohol-free version replace the rum with apple juice

METHOD

1. To make jelly, peel and roughly chop the flesh of 1 mango. Spoon into a blender or processor with the juice of 1 lime and 2 tablespoons of rum. Blend until smooth. Pour the mango nectar into a medium saucepan and sprinkle over the gelatine. Place over medium heat, whisk gently for 5 minutes until hot. Add the mango puree mixture and whisk over medium heat for 1 minute. Remove from heat and cool for 10 minutes then strain into a jug (you should have about 3 ½ cups).
2. Peel and slice 2 mangoes and arrange over the base of a 10-cup capacity trifle bowl. Pour over 2 cups of the jelly. Pour remaining jelly into a Chinese container. Cover and refrigerate both for 4 hours until set.
3. Fold half the mascarpone into the custard and spoon over the jelly. Combine caster sugar and 2 tablespoons of boiling water in a heatproof jug, stir until sugar has dissolved. Cool for 5 minutes. Stir in the remaining ¼ cup of rum and the juice from the remaining 2 limes. Pour into a shallow dish. Dip the biscuits, one at a time into the rum mixture then press randomly into the custard. Cover and refrigerate overnight.
4. Just before serving, fold the whipped cream and remaining mascarpone together. Spoon over the custard. Peel and chop fruit from the remaining 2 mangoes. Dice the jelly in the Chinese container. Spoon the mango and jelly over the trifle. Drizzle with passionfruit. Serve.



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