

GIFTING RECIPES

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Christmas Gifting with Perfection Fresh

Celebrate this festive season with Perfection Fresh! Take a look inside our gifting recipe book to create the perfect present for your friends, family and loved ones. Don't forget to check out the last few pages that have our gifting tags for each recipe!



Contents

Banana Bread	4
Kumato® Chilli Jam	5
Broccolini® Cashew Pesto	6
Pickled Calypso® Mangoes	7
Pickled Quakes®	8
Raspberry Granola Choc Brick	9
Strawberry Butter	10
Pickled Raspberries	11
One Bowl Berry	12
Breakfast Loaf	13
Calypso® Jam	14
Confit Heirloom Tomatoes	15
Focaccia Grapes	16



Banana Bread

(Ecoganic® Red Tip® Bananas)

INGREDIENTS

2/3 cup (100g)	<i>dried pitted dates, coarsely chopped</i>
2	<i>eggs</i>
1/4 cup (60ml)	<i>date syrup</i>
1 cup (100g)	<i>walnuts</i>
1 cup (150g)	<i>wholemeal spelt flour</i>
1 cup (150g)	<i>white spelt flour</i>
3 tsp	<i>baking powder</i>
3/4 tsp	<i>bicarbonate of soda</i>
2 tsp	<i>ground cinnamon</i>
4	<i>Ecoganic® Red Tip® bananas, peeled</i>
3/4 cup (180ml)	<i>light olive oil</i>
Optional	<i>Peanut butter, to serve, optional</i>

METHOD

STEP 1

Preheat the oven to 170°C fan forced. Grease and line the base and sides of 6cm deep, 10cmx21cm (base) loaf pan.

STEP 2

Place the dates into a heatproof bowl, add 2 tablespoons of boiling water. Cover and stand for 10 minutes. Coarsely chop 2/3 cup (75g) walnuts. Set the remaining 1/3 cup aside for the top.

STEP 3

Sift the spelt flours, baking powder, bicarbonate of soda and cinnamon into a large bowl, adding any husks left in the sieve from the wholemeal flour. Stir in the chopped walnuts.

STEP 4

Coarsely mash the bananas on a plate with a fork (you should have 1 1/3 cups). Transfer to a jug. Add the oil, eggs, date syrup and softened dates including any water. Stir to combine. Add to the flour mixture and stir gently until just combined

STEP 5

Spoon the mixture into the prepared pan and smooth the surface. Top with the reserved walnuts. Bake for 45-55 minutes or until a skewer inserted in the centre of the loaf comes out clean. Remove from oven. Stand 10 minutes in the pan then lift onto a wire rack.

STEP 6

Slice and serve warm or serve toasted in a sandwich press spread with peanut butter.

Kumato® Chilli Jam

INGREDIENTS

500g	<i>Kumato® tomatoes, halved and seeds removed</i>
1 cup	<i>water</i>
3	<i>large red banana chillies (or red capsicum) seeds and membrane removed, roughly chopped</i>
5	<i>birdseye chillies seeds in, roughly chopped</i>
1	<i>small red onion, roughly chopped</i>
2	<i>garlic cloves, chopped</i>
1 tsp	<i>sea salt flakes</i>
1 3/4 cup	<i>white sugar</i>
1/2 cup	<i>red wine vinegar</i>
1/2 cup	<i>port</i>

METHOD

STEP 1

Combine the chillies, onion and garlic in a food processor. Process until very finely chopped. Transfer to a medium, heavy-based saucepan.

STEP 2

Add the tomatoes, salt, sugar, vinegar, port and water. Stir over medium heat for 6-8 minutes or until the sugar has dissolved. Increase the heat to medium-high and boil gently for 40-45 minutes until thick and jam-like. Spoon into sterilised jars, seal and allow to cool.

TIP

The Kumato® chilli jam will keep for 4 months in the fridge. Use on sandwiches, pizzas, ploughmans lunch, or serve in a bowl on a cheese board or antipasto plate.



Broccolini® Cashew Pesto

INGREDIENTS

1 bunch	Broccolini®
2/3 cup	basil leaves
2	green chillies chopped
1	garlic clove roughly chopped
1/4 cup	roasted salted cashew nuts
1/2 cup	cup extra virgin oil
1/2 cup	grapeseed oil
1/4 cup	pecorino cheese finely grated



METHOD

STEP 1

Drop the Broccolini® into a saucepan of boiling salted water. Cook for 2 minutes or until bright green and stalks are just tender when tested with a skewer. Drain. Refresh in cold water. Pat dry with paper towel then roughly chop.

STEP 2

Place Broccolini® into a food processor with basil, chilli and garlic. Pulse until finely chopped. Add cashew nuts, pulse until well combined. Combine the olive oil and grapeseed oil in a jug. With the processor running, add the oil in a slow and steady stream until all the oil has been incorporated. Transfer pesto to a bowl.

STEP 3

Stir in pecorino cheese. Season with salt and pepper. Use immediately, or prepare for storing.



Pickled Calypso® Mangoes



INGREDIENTS

White sugar
White wine vinegar
Sea salt
Ginger
Lemongrass
Chilli flakes

METHOD

STEP 1

Make the pickling liquid and boil gently for 3 min

STEP 2

Cook mango for 1 min

STEP 3

Spoon into hot sterilized jar

STEP 4

Enjoy all year round

3 STAGES OF A MANGO

Stage 1

Greener skin. Small freckled
Firm pale flesh
Store on the bench
Great for salads pickling
Squeeze test Hard
Sniff test No mango aroma
Flavour Tart

Stage 2

Deeper yellow skin
More noticeable freckles
Pale yellow flesh
Store on the bench
Great for BBQ Stir-fry and Baking
Squeeze test Firm with a subtle give
Sniff test Mild mango aroma
Flavour Mild

Stage 3

Warm yellow skin
Prominent freckles
Golden flesh
Store in the fridge
Great for eating smoothies; drinks; jams and dressings
Squeeze test Soft
Sniff test Strong mango aroma
Flavour Sweet

FUN PAIRINGS

Perfection Berries
Cocktails
Fresh herbs e.g., Mint & Basil
Honey and Maple syrup
Chocolate and Caramel
Dairy



Pickled Qukes®

INGREDIENTS

2 x 250g *Qukes® baby cucumbers*
2 tbs *chopped fresh dill*

PICKLING LIQUID
1 tbs *coriander seeds*
1 tbs *yellow mustard seeds*
2 cup *white wine vinegar*
1 cup *caster sugar*
2 tsp *sea salt flakes*
1/2 tsp *dried chilli flakes*

METHOD

STEP 1

To make pickling liquid, heat the coriander and mustard seeds in a small frying pan over a medium to high heat for 2 minutes, or until fragrant. Transfer to a plate.

STEP 2

Combine vinegar, sugar and salt in a small saucepan. Stir over a medium heat until sugar is dissolved. Bring to boil. Transfer to a medium heatproof jug. Stir in seeds and chilli flakes. Set aside to cool.

STEP 3

Cut Qukes® in half lengthways. Divide between two sterilised jars (500ml capacity). Add 1 tablespoon dill to each jar. Pour over cooled pickling liquid. Seal tightly with lid. Refrigerate for a minimum of 4 hours. Pickled Qukes® are best eaten within 3 days.





Raspberry Granola Choc Brick

INGREDIENTS

125g *Perfection Raspberries*
1/4 cup (40g) *pistachio kernels*
400g *white chocolate chopped*
1/2 cup (80g) *toasted granola or muesli*

METHOD

STEP 1

Scatter the pistachio kernels onto a baking tray. Place into a cold oven and preheat oven to 160°C fan forced until pistachio are toasted. Set aside to cool. Roughly chop the pistachio.

STEP 2

Melt the chocolate in a microwave safe bowl in minute bursts, stirring every minute with a metal spoon until smooth.

STEP 3

Line a 20x 30cm tray with baking paper. Spread the chocolate over the base of the tray. Scatter over pistachio and granola. Poke in the raspberries. Refrigerate until set. Break into pieces to serve.

TIP

You can switch the raspberries for Perfection blueberries, strawberries or blackberries or a combination. When using strawberries, slice them first. Bark will keep 3 days in the fridge.





Strawberry Butter

INGREDIENTS

250g	<i>Perfection Strawberries</i>
1/2 cup (110g)	<i>white sugar</i>
1 tsp	<i>vanilla bean paste</i>
2 tbs	<i>lemon juice</i>
80g	<i>butter at room temperature</i>
	<i>warm croissants, bagels, crumpets</i>
	<i>or toasted sour dough to serve</i>

METHOD

STEP 1

Wash, hull and slice the strawberries. Place into a non-stick frying pan with the sugar, vanilla and lemon juice. Stir over medium heat until sugar has dissolved. Bring to a gentle boil, then boil 6 minutes, stirring often (you should have 3/4 cup). Set aside for 20 minutes to cool to room temperature.

STEP 2

Spoon the strawberry mixture into a food processor. Add butter and pulse until well combined. Transfer to an airtight container. Refrigerate 3 hours.

STEP 3

Strawberry butter is delicious spread on croissants, toasted bagels, sour dough, , crumpets and scones. Poke in the raspberries. Refrigerate until set. Break into pieces to serve.

TIP

The strawberry butter will keep in an airtight container for 3 weeks in the fridge or 2 month in the freezer.



Pickled Raspberries

INGREDIENTS

3 x 125g	<i>Perfection Raspberries</i>
3/4 cup (180ml)	<i>red wine vinegar</i>
1/2 cup (125ml)	<i>sparkling lemon lime & bitters</i>
1/2 cup (110g)	<i>raw sugar</i> 1 <i>vanilla bean, halved lengthways</i>
2	<i>sprigs rosemary or 8 large basil leaves</i>

METHOD

STEP 1

Combine the vinegar, lemon lime and butter and sugar in a small saucepan. Scrape the soft seeds from the centre of the vanilla pops and add to the pan. Cut the pods into shorter lengths and add to the pan.

STEP 2

Stir over a medium heat until the sugar dissolves. Remove from the heat. Set aside to cool. Remove and reserve the vanilla pods.

STEP 3

Place the Raspberries, herbs and vanilla pods into two large, sterilized jars. Pour over the cooled pickle liquor. Seal. Refrigerate overnight or for up to 4 weeks.

TIP

Serving Suggestions; spoon pickled Raspberries and a little liquid over yoghurt and top with oat crumble. Top toasted sour dough with pan cooked slices Haloumi, pickled Raspberries and mint leaves. Serve pickled Raspberries over hot creamy porridge during winter months and Bircher Muesli or Granola during warmer months.

Don't discard the pickling liquid, once all the berries have been enjoyed, use the pickling liquid to make homemade vinaigrette.





One Bowl Berry Breakfast Loaf

INGREDIENTS

250g	<i>Perfection Strawberries</i>
400ml	<i>can coconut milk</i>
1 tbs	<i>traditional rolled oats & raw sugar extra</i>
125g	<i>Perfection Raspberries</i>
1 cup	<i>self-raising flour</i>
1stp	<i>baking powder</i>
1 cup	<i>wholemeal self-raising flour</i>
2/3 cup	<i>traditional rolled oats</i>
3/4 cup	<i>raw sugar</i>
1/2 cup	<i>desiccated coconut</i>
2	<i>eggs lightly beaten</i>
	<i>Homemade berry jam to serve, optional</i>

METHOD

STEP 1

Preheat oven to 180°C fan forced. Grease and line a 6cm deep, 10cm x 21cm (base) loaf pan. Hull and chop 125g of the Perfection Strawberries and refrigerate remaining for another use.

STEP 2

Sift the self-raising flour and baking powder into a bowl. Stir in the wholemeal flour, oats, sugar and coconut. Add the egg and coconut milk. Stir to combine until smooth.

STEP 3

Gently fold in the Perfection raspberries and chopped Perfection strawberries. Spoon into the loaf pan and smooth the surface. Sprinkle with extra oats and raw sugar. Bake for 1 hour - 1 hour 10 minutes or until a skewer inserted into centre comes out clean. Cool in the pan for 15 minutes. Lift onto a wire rack to cool. Slice and serve as is or toasted with berry jam or butter.





Calypso® Jam

INGREDIENTS

- 3 *Calypso® Mangoes*
- 1 cup *white sugar*
- 2 *limes, juiced*
- 2 tsp *vanilla bean paste*
- toasted sour dough & ricotta, to serve*

METHOD

STEP 1

Peel and chop the fruit from the mangoes. Place into a large non-stick frying pan. Add sugar and lime juice. Bring to the boil, over medium-high heat, stirring constantly until sugar dissolves.

STEP 2

Boil gently for 8-10 minutes, or until jam-like, it should still be a little runny, like thick honey. Remove from the heat, stir in the vanilla.

STEP 3

Ladle hot jam into hot sterilised jars. Seal and turn upside down for 2 minutes. Turn upright and allow to cool. Store in fridge for up to 3 months.





Confit Heirloom Tomatoes

INGREDIENTS

18 (1.5kg)	<i>heirloom tomatoes</i>
8	<i>garlic cloves halved</i>
8	<i>sprig thyme</i>
2 litres	<i>extra virgin olive oil</i>

METHOD

STEP 1

Preheat the oven at 120°C. Wash and dry the tomatoes. Arrange tomatoes in a baking dish so they fit in a single layer. Top with garlic and thyme and season. Pour enough olive oil over to completely cover the tomatoes. Allow to cook slowly for 1 hour. Remove from the oven and set aside to cool in the oil.

STEP 2

Once cool, carefully spoon the tomatoes into a tray to serve.

STEP 3

Once the tomatoes are cool, they can be placed in an airtight container or jars in the refrigerator for 2 weeks.

STEP 4

Confit Heirloom Tomatoes can be served in a variety of different ways such as:

- spread chargrilled flatbread with smashed avocado, ricotta. Top with confit tomato and coriander. Serve with chilli yoghurt.
- spread toasted sour dough with soft marinated feta. Top with rocket and confit tomatoes.
- toss smashed confit tomato with freshly cooked pasta, crisp pancetta and plenty of chopped fresh herbs.

Focaccia Grapes

INGREDIENTS

4 cups (500g) *all-purpose flour, plus extra for dusting*
1 3/4 cups (400g) *lukewarm water*
1 tsp *dried yeast*
2 cups (450g) *Midnight Beauty® Grapes*
5-6 tbs *raw sugar*
1/4 cup *extra virgin olive oil*
Icing sugar, to dust

METHOD

STEP 1

Dissolve the yeast in the lukewarm water and leave aside in a warm spot until foamy. In the bowl of a mixer, sift the flour and add the yeast mixture. Add the rest of the water little by little, working the dough well after each addition.

STEP 2

Preheat oven to 180° C

STEP 3

Dust your bench with flour and lay the dough out, knead for about 5-10 minutes or until the dough is elastic and bounces back when you poke it. Form into a ball and place it back into the bowl and cover with a damp cloth and left aside in a warm spot until it doubles in size, roughly one hour.

STEP 4

Grease a rectangular baking pan with some olive oil before dividing the dough into two balls, one slightly larger than the other. Roll out the larger ball on your floured bench roughly to the size of your pan, about 3 cm thick

STEP 5

Lay the dough in the pan. Scatter two thirds of the Midnight Beauty grapes on the first dough layer and sprinkle half of the sugar, and a drizzle of olive oil. Roll out the second ball of dough to the size of the pan and cover the grapes with this second layer of dough and top with the remaining grapes, sugar, and olive oil.

STEP 6

Bake for about 25-30 minutes or until the lightly golden. Allow to cool and then dust with the icing sugars. Enjoy as is, or with a little more olive oil on the side.



Gifting Tags



BANANA BREAD

FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE



KUMATO® CHILLI JAM

FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE



BROCCOLINI® CASHEW PESTO

FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE



PICKLED CALYPSO® MANGOES

FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE



Gifting Tags

PICKLED QUIKES®



FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

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RASPBERRY GRANOLA CHOC



FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE



STRAWBERRY BUTTER



FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE



PICKLED RASPBERRIES



FLIP FOR RECIPE

WITH LOVE,

TO:

FROM:

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Gifting Tags



ONE BOWL BERRY BREAKFAST LOAF

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE

FLIP FOR RECIPE

QR Code

Detailed description: This recipe card features a photograph of a loaf of bread with berries and a slice on a plate. The card is divided into three horizontal sections: a top red section with a gold snowflake, a middle gold section with a red snowflake, and a bottom red section with a QR code. The text is arranged vertically on the right side.



CALYPSO MANGO JAM

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE

FLIP FOR RECIPE

QR Code

Detailed description: This recipe card features a photograph of mango jam spread on bread. The card is divided into three horizontal sections: a top red section with a gold star, a middle gold section with a red star, and a bottom red section with a QR code. The text is arranged vertically on the right side.



CONFIT HEIRLOOM TOMATOES

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE

FLIP FOR RECIPE

QR Code

Detailed description: This recipe card features a photograph of heirloom tomatoes in a pan. The card is divided into three horizontal sections: a top red section with a gold star, a middle gold section with a red star, and a bottom red section with a QR code. The text is arranged vertically on the right side.



FOCACCIA GRAPES

WITH LOVE,

TO:

FROM:

VIEW THE RECIPE HERE

FLIP FOR RECIPE

QR Code

Detailed description: This recipe card features a photograph of focaccia bread with grapes. The card is divided into three horizontal sections: a top red section with a gold snowflake, a middle gold section with a red snowflake, and a bottom red section with a QR code. The text is arranged vertically on the right side.