

OFF THE SHELF from THE GOOD OLIVE



Verjuice is one of those indispensable ingredients that was once so hugely popular that no self-respecting Middle Ages pantry would be seen without a bottle or two. Now, after a few decades on the culinary scrapheap, it is back. And we're left wondering why we treated it so shabbily. Verjuice is the acidic juice pressed from unripe fruit, primarily grapes, but also other sour fruit such as green apples, crab apples, etc. The name derives from the Old French '*vertjus*' meaning 'green juice.' Used as a condiment, a sauce ingredient, and for deglazing, verjuice can be substituted in any place you would use white wine or dry sherry in cooking, for example sauces, casseroles and risottos. It is also excellent when used to make vinaigrettes, especially those that are wine friendly, unlike the traditional vinegar based vinaigrettes, as it has around only half the acid content.

The great thing about verjuice is that it is not only used in savoury dishes, as can be seen by the following stunning dessert recipe. The impact of this summer dish is enhanced if you use small glasses for presentation.

Verjuice Nectarine (or Grape) Jellies

Sugar Syrup:

½ cup sugar
¾ cup water
2 or 3 nectarines cut into thin half-moon slices or
about 24 seedless grapes

Mix sugar and water together in a small saucepan. Slowly bring to the boil stirring until the sugar dissolves. Add the fruit and simmer for one minute then remove to cool

Verjuice Jelly:

3 teaspoon powdered gelatine
2 cups The Berry Farm red Shiraz verjuice (for the nectarines) or The Berry Farm white Chardonnay verjuice (for the grapes)
½ cup sugar syrup (above)

Sprinkle powdered gelatine over ¼ cup water to swell then place cup in a bain marie or microwave and gently heat to melt.

Bring verjuice and sugar syrup to boil. Add the gelatine and whisk until dissolved. Place a couple of slices of fruit into each serving glass and pour on the jelly.

Refrigerate for at least 4 hours to set.
Makes 8 small portions.

To buy The Berry farm's verjuice and to browse a range of other Berry Farm and Cahoots products visit our website at www.thegoodolive.com.au, or visit our shop at 97, Bussell Highway, Margaret River, Western Australia, or call us on +61 (0) 8 9758 7877. Come on, be inspired!