

# MARGARET RIVER VERJUICE

## WHAT IS VERJUICE?

Verjuice is a traditional culinary ingredient prepared from the unfermented juice of hand selected early-harvest grapes. The name Verjuice is actually derived from the Old French 'vertjus' meaning 'green juice'.

A great cooking alternative to the acidity of vinegar or lemon juice, it enhances without masking the flavour of a multitude of foods and is an indispensable compliment to a huge array of dishes, sauces, marinades and vinaigrettes.

### VERJUICE IS FANTASTIC FOR:

- making a dressing for salad greens
- a substitute for vinegar when making mayonnaise and vinaigrettes
- deglazing pans, especially chicken
- poaching fresh or dried fruits
- adding to sauces such as walnut and almond pesto



## RECIPES

### MILLIONAIRE'S DRESSING FOR SALADS & VEGETABLES

75ml Margaret River Verjuice  
75ml Walnut oil  
75ml Olive oil  
1 1/2 teaspoons Cahoots Honey Mustard  
2 crushed garlic cloves (or to taste)  
Black Pepper & Sea Salt to taste

Shake together all ingredients or blend with a hand blender for a thicker, creamier emulsion.

Variations: For a cost-effective dressing, substitute the walnut oil for more olive oil; add your favourite herbs, such as parsley, chives, oregano or basil.; replace Honey mustard with a coarse-grain mustard for potato salads; reduce oil and add 4 teaspoons of Fromage Frais or Crème Fraiche for a creamier dressing.

### VERJUICE PESTO

3 cups roasted almonds  
2 cloves garlic  
1 bunch continental parsley  
500ml Margaret River verjuice  
100ml olive oil

Combine all ingredients in a food processor and process until desired consistency. Serve alongside barbecued prawns or fish.

### ROASTED PUMPKIN ON ROCKET WITH PUMPKIN SEED & VERJUICE DRESSING

500gm pumpkin  
2 cups rocket leaves  
Olive oil  
Salt black pepper  
Pumpkin seed oil  
Margaret River Semillon Verjuice  
2 tablespoons toasted pumpkin seeds.

Roast pumpkin on a baking tray sprinkled with olive oil, salt and fine black pepper in a (high) 250° oven for 20 minutes or until tender and slightly caramelised. Spread the rocket leaves on a flat platter and top with the roasted pumpkin chunks. Blend pumpkin seed oil and Verjuice and immediately drizzle over pumpkin chunks and rocket. Scatter toasted pumpkin seeds over and sprinkle with sea salt and freshly ground black pepper.

### DEGLAZING WITH VERJUICE

Set aside your meat and/or any vegetables that you have roasted. Remove any excess fat from the pan, leaving approximately 1 teaspoon of juice. Over medium heat, add 1 cup of Verjuice and using a wooden spoon, scrape up the brown bits, incorporating them into the Verjuice. Reduce until "jus" is just beginning to coat the spoon. Resist thickening the "jus", but add a knob of butter for richness and shine. Strain into serving dish.



## BAKED ROOT VEGETABLES WITH VERJUICE

500g root vegetables (carrots, parsnip, beetroot etc)  
100ml Verjuice  
50g (2oz) butter  
salt, pepper

Peel and grate the vegetables and place in a casserole dish. Dot with butter and sprinkle the verjuice over. Cover and put in warmed oven. Bake for 25 mins, stirring once during cooking, until the vegetables are soft.

## BAKED CHICKEN & VERJUICE

1 whole chicken or chicken pieces  
1 cup verjuice  
1/2 cup Olive oil  
paprika and salt

Place chicken or chicken pieces in a baking dish. Combine Verjuice, oil and paprika and salt in a jug, pour half the mixture over the chicken and bake in a hot oven for approximately 30 minutes.

Turn chicken and continue basting regularly with remaining mixture until chicken is cooked.

## BABY BEETROOT WITH VERJUICE

Remove outer skin from beetroot and halve or quarter if beetroot are large. Boil or roast beetroot until tender. If boiled, remove from heat and drain. While still very hot, pour over generous serve of Verjuice and allow to sizzle. Dress with good Olive oil, oregano, salt and black pepper.

## RED PEPPER COULIS

Grill or roast 3 medium Red Peppers. When charred, remove from oven and allow to sweat in plastic bag for about 10 minutes. Remove from bag and peel off charred skins. Trim & discard seeds and any membranes. Place in food processor with 4 tablespoons warmed Verjuice and process to a smooth paste. Press through sieve. Add olive oil and more Verjuice. Mix well. Is great served with fish.

## POACHED FRUIT IN VERJUICE CARAMEL SAUCE

Poach pears, peaches, nectarines, apples and other seasonal fruit in a caramel sauce of 100gm butter, 4 teaspoons honey, 1 cup of cream and 6 teaspoons of Verjuice. Alternatively, use caramel sauce as a topping over vanilla ice cream.

## BARBEQUED/ GRILLED FISH WITH VERJUICE BASTING SAUCE

Sprinkle a butterflied fish with sea salt, 2 tablespoons black and yellow mustard seeds and 1 sliced onion.

In a saucepan, sauté 2 teaspoons crushed garlic, add 1 cup Verjuice, 250g butter, 1 cup olive oil, 2 tablespoons smooth apricot jam (or pesto) and salt & pepper. If you've used apricot jam, add chopped parsley to sauce just before basting. Baste fish with sauce as it gently cooks on a barbeque from skin side up until done.

## FISH CERVICHE

Use a firm fish such as Tuna, whiting or snapper

Slice fillets of fish into very thin slices (like sliced smoked salmon) and spread slices on a shallow platter with some crushed garlic and fresh dill or fennel.

Boil and reduce 1 cup of Margaret River Verjuice by half. Add some sliced shallots and black peppercorns. Whilst verjuice is hot, whisk in some olive oil and pour mixture over the fish. Once cooled, it's ready to serve.

## PEARS IN VERJUICE

6 Pears peeled with stems intact  
100mls Margaret River Verjuice  
200mls freshly squeezed orange juice  
Peeled rind of 1 orange  
1/2 cup caster sugar  
3/4 cup water

Combine verjuice, orange juice and rind, sugar and water in a large saucepan. Stir over a medium heat until sugar dissolves. Pour over pears & bake covered until pears are tender. Serve with a dollop of fresh cream

## VERJUICE GRANITA

Boil 500ml Verjuice and 100ml water with 150g Castor sugar and thin strips of grated lemon or lime rind. Simmer for 6 minutes. Add 8 mint leaves and allow to cool. Place in a freezing tray and freeze for at least 6 hours. Every 2 hours break up the icy particles with a fork. Before serving, transfer to the fridge to allow to soften. Use a fork to break up again if necessary.

