



## COOKING CUISINE

17th August 2022

### Summer Deserts for Fish & Seafood Dishes

#### Recipe 1 Honey-Glazed Roasted Peaches

Serves 4

##### Equipment

- Cast iron skillet
- Baking dish

##### Ingredients

1/2 cup (125 g) mascarpone cheese (or sorbet or ice-cream of choice)

3 Tbs. heavy cream

1/4 tsp. ground cinnamon (optional)

2 Tbs. unsalted butter, melted

4 ripe peaches, pitted and halved

2 Tbs. honey, slightly warmed until liquid

1tbs Balsamic glaze thick balsamic cream (optional)

½ cup of white wine

A few sprigs fresh thyme for garnish (optional)

##### Directions

1. Heat a cast Iron skillet over medium heat.
2. Place each peach half into the skillet, cut side down.
3. Grill for around 3-5 minutes until grill lines have formed.
4. Preheat an oven to 200°C (180°C fan assisted)
5. Get a baking dish ready, just large enough to hold the peach halves in a single layer. Butter the dish with 1 Tbs. of the melted butter.
6. Place the peaches in the dish, cut side up, and brush the halves with the remaining 1 Tbs. melted butter.
7. If using, drizzle a little of the balsamic vinegar over the peach cut sides.
8. Add ½ cup of white wine to the dish (optional) or use water.
9. Bake until the peach juices collect in the hollows where the pits were removed, about 15 minutes. Remove from the oven. Brush the peaches with the honey, letting the juices run into the baking dish. Return to the oven and bake until the peaches are tender, about 5 minutes more. Serve the peaches immediately, with the cooking juices spooned on top, and top with the mascarpone and thyme.  
Serves 4 to 6.

# Recipe 2: Sorbetto al Limone e Limoncello

Serves 6

## Equipment

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## Ingredients

- 250 g/ 1 ¼ cup White sugar
- 400 ml/ 1 ⅔ cup Water
- 140 ml/ ½ cup + 4 tsp Lemon juice
- Zest from 2 lemons (1 grated finely, 1 peeled in chunks)
- 20 Mint leaves
- 3 tablespoon Limoncello Liqueur
- 1 Egg white
- Prosecco for serving (optional)



## Directions

Put the water and sugar into a medium-sized pan and heat moderately to dissolve the sugar.

Turn up the heat, bring to the boil and drop in the lemon zest.

Boil for approx. 2 minutes

Allow the syrup to cool then remove the chunks of lemon zest (you can pass the syrup through a sieve to remove the finely grated zest also)

Cover and chill the syrup for several hours.

Meanwhile, blend the lemon juice and mint leaves in a blender (optional: strain through a sieve to remove the mint pulp).

Stir the juice and the Limoncello into the syrup and churn in an ice cream maker. When the sorbet is beginning to hold it's shape whisk the egg white until just beginning to firm up and pour into the mix. Continue to churn until firm

Decant into a freezer-proof container, cover with cling-film and freeze for several hours

Use within 2 weeks

Tip: for making the sorbetto without an ice-cream maker. Combine all the ingredients according to the steps above and put in a plastic tub. Cover and place in freezer. Stir with a fork every 30 minutes to break up any lumps until fully set.

Remove from the freezer 5-10 minutes before serving then scoop out with an ice cream scoop or spoon and serve.