

PLUCKLEY AND EGERTON GARDEN SOCIETY

CLASS 63

OPTIONAL RECIPE FOR HOMEMADE FRUIT PASTILLES (CLAIRE THOMPSON)

Ingredients

500g blackberries (or other fruit eg damsons, raspberries, plums etc)

2 medium-sized cooking apples

½ lemon

150ml water

300g sugar (plus extra for dusting the cubes)

Method

1. Wash the blackberries and peel and dice the apple.
2. Put them into a saucepan and add the lemon juice and water.
3. Bring to the boil, reduce the heat, cover and simmer until the fruit is tender.
4. Sieve the mixture over a large bowl, using the back of a wooden spoon to push it through. You should have about 600-700ml of fruit puree.
5. Return the puree to the pan, add the sugar and stir frequently until it has dissolved.
6. Bring to the boil, reduce the heat and continue cooking and stirring until it is very thick (mine took about 20 minutes). As it thickens, be very careful that it doesn't catch and burn.
7. Pour into a deep-sided tray, lined with greaseproof paper.
8. Allow to cool completely before cutting into pieces and pressing the cubes into more sugar.