

PRESERVE, FREEZE, BAKE

Summer Fruits

Blueberry-Plum Upside-Down Cake



The plums and blueberries can be replaced with peaches, or leave out the blueberries and just make a delicious plum cake.

Ingredients:

- 1 ¼ cups all-purpose flour
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- ¼ cup brown sugar
- 3 tablespoons butter
- 1 cup white sugar

- 1/3 cup butter
- 1 large egg
- 1 teaspoon vanilla extract
- 3/4 cup milk
- 4 black plums, pitted and thinly sliced
- 3/4 cup blueberries

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9-inch cake pan. Combine flour, baking powder, and salt; set aside.
2. Combine brown sugar and 3 tablespoons butter in the prepared pan. Place pan inside the preheated oven until butter melts and begins to bubble; set aside.
3. Beat 1 cup white sugar and 1/3 cup butter in a large bowl with an electric mixer until light and fluffy. Beat in egg, then stir in vanilla. Beat in flour mixture, alternately with milk, mixing just until incorporated.
4. Arrange plums around the edges of the prepared pan, overlapping slightly. Distribute blueberries in the center. Pour batter into prepared pan, covering fruit completely.
5. Bake in the preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool 15 minutes before serving.

Place chopped strawberries, chia seeds and maple syrup (if using) into a blender. Blend on medium to high speed until preferred jam consistency is obtained. Add water 1 Tbsp at a time as needed to get things moving.

Pour contents of blender into a small saucepan and heat over medium heat until the jam begins to bubble. Reduce heat to low and simmer for 5-7 minutes, or until the jam starts to thicken.

Remove from heat and immediately pour into a mason jar. Allow to cool completely and then store in the fridge for up to one week.

Raspberry Peach Tart

Ingredients:

- 2-2/3 cups sliced peeled peaches (about 4 medium)
- 1 cup fresh raspberries
- 1 tablespoon lemon juice
- 1/2 cup sugar
- 5 teaspoons quick-cooking tapioca
- 1/2 teaspoon ground cinnamon
- 1 sheet refrigerated pie crust
- 1 tablespoon butter
- 1 large egg white, lightly beaten
- 1 tablespoon coarse sugar

Directions:

1. Preheat oven to 425°. In a large bowl, combine peaches, raspberries and lemon juice. In another bowl, combine sugar, tapioca and cinnamon. Gently stir into fruit mixture; let stand 15 minutes.

2. Unroll pie crust onto a parchment-lined 15x10x1-in. baking pan. Spoon filling over crust to within 2 in. of edge; dot with butter. Fold crust edge over filling, pleating as you go and leaving a 6-in. opening in the center. Brush folded crust with egg white; sprinkle with sugar. Bake on a lower oven rack until crust is golden and filling is bubbly, 25-30 minutes. Transfer tart to a wire rack to cool.



Sweet peaches, tart raspberries baked in a folded pie crust.

Fresh Cherry Chutney

Ingredients:

- 2 cups Rainier or Bing cherries, pitted and halved
- 1 tablespoon lemon juice
- ½ yellow onion, finely chopped
- 1 tablespoon grapeseed oil
- 2 cloves garlic, minced
- 1-1/2" piece of ginger, peeled and finely chopped
- 3 whole cloves
- 1/2 teaspoon ground cardamom
- ¼ teaspoon ground cayenne pepper (optional)
- ½ teaspoon ground coriander
- 1 cinnamon stick
- ¼ teaspoon black peppercorns
- 2 tablespoons water
- ¼ cup apple cider vinegar
- 1-2 tablespoons honey (depending on desired sweetness)
- ½ teaspoon salt
- 1 tablespoon lemon zest

Instructions:

Remove stems from cherries. Halve and pit them, place them in a bowl and toss them in 1 tablespoon of lemon juice. Allow cherries to macerate while sautéing the onion.

Heat oil to medium. Sauté onion 5 minutes. Add garlic and ginger, sauté 5 minutes. Add the cloves, cardamom, cayenne, coriander, cinnamon stick, peppercorns and cherries. Sauté 2 minutes.

Add two tablespoons of water, vinegar, honey and salt.

Bring to a full boil. Cook 3 minutes then reduce heat to medium-low and cover. Allow mixture to simmer 30-35 minutes, stirring occasionally. Mixture should be goopy and thick. If it is still watery, increase the heat, uncover and burn off the liquid until very thick. Add the lemon zest, stir into the mixture and cook an additional 5 minutes.

Allow chutney to cool. Remove cinnamon stick, cloves and peppercorns.

Strawberry Jam with Chia Seeds

Ingredients:

- 2 cups strawberries, destemmed and chopped in half
- ¼ cup maple syrup (optional)
- 2 tablespoon Chia Seeds

- Water as needed

Instructions:

PRICES SUBJECT TO CHANGE

Lemon juice - Real lemon.....	125ml	\$1.29
Grapeseed oil - Cote d' Azur	375ml	\$9.49
Whole cloves.....	25g	\$2.99
Ground cardamom.....	25g	\$6.99
Ground cayenne pepper.....	100g	\$2.99
Ground coriander - organic	100g	\$5.49
Cinnamon sticks - 3"	50g	\$1.99

Black peppercorns.....	100g	\$5.49
Apple cider vinegar - Nonna Pia's organic ..	500ml	\$5.99
Honey - Aurora wildflower	350g	\$9.99
Maple syrup - Everland organic.....	250ml	\$9.99
Chia Seeds - organic.....	455g	\$6.89
Quick-cooking tapioca - Kraft minit.....	225g	\$5.79
Ground cinnamon.....	100g	\$3.69



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