



Miele

Grapefruit and passionfruit jelly, served with yoghurt and honey and saffron syrup

By Michael Meredith

4 hours

Preparation Time

1 hour 20 minutes

Cooking Time

8 servings

Serves

INGREDIENTS

Grapefruit and passionfruit jelly

600 ml pink grapefruit juice
200 ml passionfruit pulp, seeds removed
180 g caster sugar
4 g agar agar
5 leaves Gold strength gelatine, softened (40g)
1½ cup pink grapefruit segments

Grapefruit candied peel

3 grapefruits
280 g caster sugar
180 ml water

Honey and saffron syrup

60 ml water
Pinch saffron
180 g thick Manuka honey

To serve

150 g homemade or store bought natural yoghurt
2 passionfruit, pulped
120 ml honey and saffron syrup
10 g fresh mint leaves
5 g Manuka flowers

METHOD

Grapefruit and passionfruit jelly

1. In a heavy-based saucepan on high heat, Induction setting 8-9, combine fruit juices, sugar and agar agar.
2. Bring the mixture to the boil whilst whisking constantly. Reduce the heat to low heat, Induction Setting 3 and cook for 4 minutes until very smooth.
3. Remove from the heat, stir in gelatine and mix well.
4. Cool slightly then pour into a shallow tray, adding in the grapefruit segments. Place into the fridge to set.

Grapefruit candied peel

1. Line a baking tray with baking paper.
2. Peel the grapefruit and remove the white pith. Blanch and refresh the peel 3 times.
3. Bring the water and sugar to the boil, Induction setting 9 then reduce to a simmer, Induction setting 5 for 8 minutes.
4. Add the blanched peel and cook for 30 minutes on low heat, Induction setting 3 so that the syrup thickens and candies the peel.
5. Remove the peel immediately and place onto the baking paper-lined tray to set.

Honey and saffron syrup

1. Place the water and saffron into a small saucepan. Warm the water on a low heat, Induction setting 4 and let the saffron infuse for 10 minutes. Add honey and warm together.
2. Remove from the heat, cool and chill before use.

To serve

1. Using a spoon, scoop jelly pieces with grapefruit segments from the tray and place in a serving bowl.
2. Spoon the yoghurt around the bowl.
3. Place candied peel and passionfruit pulp over the top.
4. Spoon a little honey and saffron syrup over and garnish with fresh mint and Manuka flowers.

Hints and tips

- Agar or agar-agar is a jelly-like substance, obtained from algae, used as a setting agent in food.

