

Miele

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

By Michael Meredith

4 hours

Preparation Time

1 hour 20 minutes

Cooking Time

8

Serves



INGREDIENTS

150g natural yoghurt
2 passionfruit, pulped
10g fresh mint leaves
5g Manuka flowers
120ml honey and saffron syrup
(see recipe below)
Grapefruit candied peel
(see recipe below)

Passionfruit and grapefruit jelly

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

Grapefruit candied peel

3 grapefruit
280g caster sugar
180mls water

Honey and saffron syrup

180g thick Manuka honey
60ml water
Pinch saffron

Yoghurt

1 litre UHT Milk
2-3 tbs yoghurt with live probiotic

METHOD

Grapefruit and passionfruit jelly

1. In a heavy-based saucepan on high heat, Induction setting 8-9, combine fruit juices, sugar and 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 Refrigerator 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.

Yoghurt

1. Pour the milk into a 4 litre Solid steam tray, add the live yoghurt and cover with a lid. Steam at 40°C for 8 hours.
2. Allow the yoghurt to set in the Refrigerator for at least 2 hours.

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 honey 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.