



Rhu Bru

Poached Fruit
with Rhubarb Syrup



Poached Fruit with Rhubarb Syrup

This recipe can be used for almost any fruit
– vary according to personal taste.

- 2 pears
- 2 peaches
- 2 nectarines
- 3 plums
- 3 dates

Stone and quarter all fruit. Place $\frac{1}{2}$ cup water and $\frac{1}{4}$ cup RhuBru Rhubarb Syrup in a saucepan with one cinnamon stick, two star anise and a scraped vanilla pod. Heat to near boiling turn to low heat. Add pears, nectarines, dates, peaches. Cover and poach gently for 10 minutes. Add plums and a tablespoon of lime juice. Poach a further 5 minutes or until plums soften. Fruit is best if it retains some firmness. Remove from heat, add a liberal drizzle of RhuBru Rhubarb Syrup. Eat hot or cold with large dollops of natural yoghurt or vanilla ice-cream or thick cream. Also great in the morning with muesli!

Use RhuBru Rhubarb Syrup to:

- swirl in natural yoghurt
- drizzle over ice-cream
- glaze roast pork
- make a vinaigrette
- brush over an oven warm teacake