

## ORGANIC SATSUMA MANDARINS

**Satsuma mandarins** are a sweet, juicy, and seedless mandarin variety that originated in Japan more than 700 years ago. These mandarins have a perfectly balanced flavour between aromatically sweet and delicately tart. In addition, satsumas are considered the easiest to peel; their segments separate readily, making the fruit a healthy and convenient on-the-go snack. Satsumas are an excellent source of vitamin C and can satisfy the daily value for this vitamin in a single serving.

Satsuma mandarins are a perfect addition to a fruit lovers' menu as they are great in salads, juices, sauces, and syrups.



## ORGANIC ANJOU PEARS

**Anjou pears** (pronounced On-ju) are very sweet, juicy, with refreshing hints of lemon and lime. These pears originated in Belgium and are named after the Anjou region in France. Anjou pears are recognized for their egg-shaped appearance, with a narrow, rounded top and a larger spherical lower portion. These pears have light green skin, sometimes with a reddish blush. The flesh is dense, with a slightly gritty texture and butter-like consistency that melts in your mouth. Anjous are perfect for cooking with: they hold up well in high-temperature applications like baking, poaching, roasting, or grilling.

Anjou pears contain vitamin C, calcium, and dietary fibre. Unlike most pears, Anjous do not change colour as they ripen. Ripe Anjou pears give slightly if gently pressed near the stem.



## ANJOU PEAR, MANDARIN ORANGE, GINGER BREAD

\* Recipe taken from: <http://chubbyvegetarian.blogspot.com/2014/04/anjou-pear-mandarin-orange-and-ginger.html>

### INGREDIENTS:

- 1-½ cups gluten-free all-purpose flour
- ½ cup almond flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¾ tsp xanthan gum
- 1 tsp powdered ginger
- 1 tsp sea salt
- 2 Anjou pears, peeled & finely diced
- Juice from 3 mandarin oranges, about 2-3 tbsp
- 1 tsp vanilla
- 2 eggs, beaten
- ½ cup light brown sugar
- 1/3 cup canola oil
- 1/3 cup Simple Pear-Orange Butter (see recipe below)
- Zest from 1 large orange
- 1 tsp crystallized ginger, minced
- 1 tsp olive oil margarine
- Sea salt, brown sugar, and powdered ginger (for topping, optional)

### INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Whisk together the flour, almond flour, baking powder, baking soda, xanthan gum, ginger, and salt and set aside.
3. Combine the pears, orange juice, and vanilla and set aside.
4. Whisk together the eggs, brown sugar, oil, Simple Pear-Orange Butter, orange zest, and crystallized ginger.
5. Add the flour mixture and the pear mixture to the previous wet ingredients and mix. Pour batter into a bread pan that's been lined with parchment paper. Dot the top with pieces of olive oil margarine and, if you like, sprinkle the top with a little sea salt, brown sugar, and ginger.
6. Bake for 60 minutes or until the top is golden brown and a knife inserted into the middle of the bread comes out clean.
7. Allow bread to cool before slicing and serving.



## SIMPLE PEAR-ORANGE BUTTER

### INGREDIENTS:

- 3 ripe Anjou pear, peeled & diced
- 1 Pink Lady apple, peeled & diced
- Juice from 1 mandarin orange
- 1 tsp cinnamon
- 1 tbsp honey
- A pinch or two of sea salt

### INSTRUCTIONS:

1. Put pears, apple, orange juice, cinnamon, honey, and salt in a medium saucepan. Simmer on medium-low for about 30 minutes or until the fruit is tender and sauce has reduced by half. Set aside to cool.
2. When the pear butter is cool, blend it until its consistency is very smooth. Store it in an airtight container in the fridge for up to 3 days.





## POMEGRANATES

**Pomegranates**, one of the world's most popular and healthiest fruits, have potent antioxidants in their juice and peel. Pomegranate juice has a greater antioxidant capacity than red wine, grape juice, cranberry juice, green tea, and acai juice. They're also high in potassium, vitamins A, C, and E, folic acid, and fibre.

### How to de-seed a pomegranate?

**Step 1:** Cut around the circumference of the pomegranate, and pry apart the fruit with your hands into two sections.

**Step 2:** To loosen the grip on the arils, hold one-half of the pomegranate and gently pull the sides out from the center until you hear the inner ribbing crack.

**Step 3:** Turn the half upside down and gently tap it with a wooden spoon.

STEP1



STEP2



STEP3



## EGYPT NAOMI MANGOES

**Naomi mangoes** are one of the most nutritionally rich fruits. They are oval-oblong, with an attractive red pigmentation colour at maturity. The flesh is yellow, tender, juicy, and fibreless. Naomi mangoes have a distinctive flavour, smell and taste, making them a unique Egyptian fruit.

Naomi mangoes can be eaten fresh or cooked. They're popular for fresh salsas and are widely used in desserts, ice-cream, juices, and baked goods.

Mangoes are a good source of fibre, vitamins A, and C, minerals, and antioxidants. They are low-fat, sodium, and cholesterol free.



## COCONUT STICKY RICE WITH MANGO

\* Recipe taken from: [https://www.instagram.com/p/CcHOuGNI\\_oi/](https://www.instagram.com/p/CcHOuGNI_oi/)

### INGREDIENTS:

- 2 large ripened mangoes
- 2 cups glutinous rice
- 1 can coconut milk
- 1/3 cup to 1/2 cup sugar (depends on how sweet you like it)
- 1/2 tsp salt
- 1 tbsp cornstarch
- 1 tbsp water
- Sesame seeds
- Toasted coconut flakes (optional)

### INSTRUCTIONS:

1. Rinse and soak the glutinous rice for at least 1 hour in water. Afterwards, drain and steam in a bamboo basket or using a heat-proof strainer. Cover it and cook on medium heat. After 15-20 minutes, you'll see the rice turn from white to a translucent colour and soften. That's when the rice is ready.
2. For the sauce, heat the coconut milk on low heat. Add sugar and salt and stir occasionally. Once it's hot, turn off the heat and pour the coconut milk over the steamed rice, reserving half a cup to make the coconut sauce. Combine the water and cornstarch and mix thoroughly. Pour this slurry into the remaining coconut mixture and simmer until it's thickened while stirring it together.
3. Cut the mangoes into slices or cubes and serve with the coconut rice. Add coconut sauce and sesame seeds. Toasted coconut flakes are optional.



Scan to watch video  
recipe on our  
Instagram page!