

# Seasonal Heroes

# CUMQUATS

As autumn brings a coolness to the air these miniature juicy citrus fruits become abundant. Closely resembling an orange, this fruit has edible, sweet flavoured skin and a distinctly sour centre.

The rind contains the fruits' sugar content so they are best used whole

The seeds are edible, however they have the same bitter taste as orange seeds

These fruit are quite delicate so pick ones with bright smooth skin

## Quick facts

- Unlike other citrus fruit, cumquats don't have a long shelf life so it's best to use them soon after purchasing
- The fruit can either be round or oval shaped depending on the variety
- Make sure to give them a good rinse or scrub before using as they are best used whole

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## Warm Salted Caramel and Chocolate Brownie with Candied Cumquat Compote and Cumquat Praline

### *Salted Caramel and Chocolate Brownie*

200g butter unsalted  
200g 55% couverture chocolate  
4 eggs  
200g brown sugar  
400g patisserie filling, salted caramel crème  
130g plain flour  
50g cocoa powder  
8g sea salt

### *Cumquat Compote*

350g caster sugar  
100ml sweet white wine  
200ml water

400g cumquat halves, seeds removed

### *Cumquat Praline*

250g caster sugar  
250ml orange juice  
250ml water  
40g cumquat, finely sliced with seeds removed  
100g pistachios, toasted

### *Salted Caramel and Chocolate Brownie*

Line a 25cm square slice tray with baking paper.

Melt the butter in a pot, add chocolate then remove from heat. In a separate bowl whisk together eggs, brown sugar and 220g salted caramel crème until smooth. Add chocolate mixture then whisk until smooth. Sift flour, cocoa powder and 5g sea salt onto wet mixture and then beat until smooth.

Pour half the brownie mixture into the lined tray. Place 180g salted caramel crème in a piping bag and pipe half onto the brownie to make a 2mm layer. Pour remaining brownie mixture on top of the caramel being careful not to disturb the caramel layer. Pipe remaining caramel on top of brownie in lines, feather with a skewer then sprinkle with 3g sea salt.

Bake at 170°C until centre is raised and mixture is cooked to 82°C temperature. Allow to cool for 5 minutes then cut into square or rectangle portions.

### *Cumquat Compote*

Place sugar, wine and water into a pot and heat. Stir until sugar is dissolved, then add cumquats. Simmer for 30 minutes skimming off any foam as it cooks, then refrigerate.

### *Cumquat Praline*

Place sugar, juice and water into a pot and heat. Stir until sugar is dissolved, then add cumquat slices. Simmer gently for 30 minutes until cumquats are cooked through, then remove cumquat slices and continue simmering sugar mixture until just golden brown. Place cumquat slices on a greaseproof lined tray, then dry in oven at 150°C for 15 minutes. Place pistachios with cumquat slices in a thin layer and pour sugar mixture over them to make a thin toffee sheet.

Serves 12



## Uses

Cumquats are often used for marmalades and preserves, though they can also be a great addition to salads, sliced or quartered, to add a sweet, zesty flavour. Puréed and combined with cake batter is another wonderful way of showcasing the sweet citrus taste on your menu.

The perfect dish starts with the freshest ingredients. Bidfood Fresh provides quality, farm-fresh produce, hand-picked daily to ensure your menu is always bursting with flavour.

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