

Recipes

DELICIOUS AND EASY HOME RECIPES USING AUSTRALIAN DRIED GRAPES



Sunmuscats and Peach Compote - Serves 6

1 1/2 cups Sunmuscats
1kg small just ripe peaches
3tbs raw sugar
1ltr apple juice

Place all ingredients in a heavy-based saucepan and simmer gently for 30 minutes. Let cool and then skin the peaches. Remove cloves. *Serve with muesli and yogurt.*

Alternative for a Dessert: In small moulds place a layer of Sunmuscats from the prepared compote. Add one peach and make up a gelatine mixture (as per packet) pouring this into the mould. Refrigerate until set and serve with cream.

Baby Chickens with Sunmuscats and Apple - Serves 6

1 1/2 cups Sunmuscats
1 cup Muscat
1 large onion, finely diced
3 apples, finely diced
8 rashers bacon, finely sliced
Salt and black pepper to taste
6 baby chickens (Poussin)
4 tablespoons olive oil

Soak the Sunmuscats in the Muscat overnight to plump them up. In a bowl mix together the onion, apples, bacon and season with salt and pepper. Fold in the soaked Sunmuscats and tightly stuff the baby chickens. Truss with string, brush with oil and place in a 180°C oven for 30/40 minutes turning once. Check to see if the chickens are done by poking the breast with a skewer to see if the juices run clear. Remove from oven and let rest for 10 minutes. Make a sauce from the pan juices by placing 1 tbl plain flour in the pan and adding 1 cup of water. *Serve with asparagus and kipler potatoes.*
Note: Place the residue of stuffing in a foil envelope and cook with chicken. Serve as a side dish with the chicken.

Continued overleaf



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