

# THE DIAL

RESTAURANT • ROOF TERRACE • BAR

## FRUIT COULIS RECIPES

### Basic Stock Syrup

300 ml      Water  
300 g      Caster Sugar  
3 tsp.      Lemon Juice

Put all the ingredients into a pan and bring to the boil, as soon the mix has boiled, remove from the heat and leave to cool. This can be stored in a sealed preserve jar and will keep for a good month or two, it is ideal to make a larger batch then it can be used as and when required.

Variations to try - make a few flavoured syrups, add some lemon or lime zest for a citrus flavour or try adding some left over vanilla pods and leave to infuse for a vanilla syrup. Why not go crazy and add some fresh chilli and make some sweet chilli syrup this would be a good dressing to liven up a vanilla cheesecake. The stock syrups can also be used in your favourite cocktail recipe.

### Strawberry Coulis

250 g      Strawberries  
5 tbsp.    Stock Syrup  
            Lemon juice

Hull and wash the Strawberries.

Liquidize the stock syrup and the Strawberries, add lemon juice to taste. Pass through a fine sieve to remove any seeds.

### Raspberry Coulis

300 g      Raspberries  
75 g      Caster Sugar  
 $\frac{1}{4}$       Lemon juice

Place all ingredients into a liquidizer, blend until smooth. Pass through a fine sieve to remove any seeds or pips.

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## Mango Coulis

2                    Mangoes  
8 tbsp.            Stock Syrup  
                      Freshly Squeezed Orange Juice

Peel and remove the stone from the Mango, then roughly chop.  
Liquidize the chopped Mango & stock syrup. Add orange juice to taste. Pass through a fine sieve to ensure the coulis is smooth.