

Marinated Fresh Peaches - With lemon & orange

This is a very refreshing dessert, perfect for a hot day or a light alternative after a heavy main course. It was given to us by a friend who had been preparing it for many years. It is from a book published in 1975 by the National Trust of Australia called *Cook, Fork and Ladle*. This contribution was from a Mr Leslie Walford who wrote: "This is excellent for a dinner party." The recipe calls for beautiful fresh peaches, presumably white ones, however, you will find it works well with a mixture of peaches and nectarines, white or yellow flesh.

For four people:

- 6 lemons
- 1 orange
- 300 to 350 g caster sugar
- 6 ripe peaches or nectarines (white or yellow flesh) in good condition

(The recipe could be easily and quickly made for a group of twenty or forty: simply increase the ingredients in proportion.)



Method:

Juice the lemons and orange. For a clearer marinade, you can strain the juice through a sieve. Either in the bowl to be used for serving or in a suitable marinating bowl, combine the juice and smaller amount of sugar. Stir well until the sugar is dissolved. Taste the juice and stir in more sugar if required. If you think it has become too sweet add the juice of another lemon or two.

Wash the stone fruit if required, but do not peel. Slice a cheek off each side and then cut each into four or five segments; or just slice around the fruit about eight times. Immediately place the segments into the juice and ensure they are adequately covered.

Allow to marinate for two to three hours, but overnight is fine. Any surplus juice can be saved and reused for more peaches or used for another purpose.

Serve:

Serves 4. Cream and or ice cream are optional but not necessary.

Equipment:

Bowls for marinating and serving.

Difficulty and Time:

Not difficult (2/5). 15 to 20 minutes to prepare.

Notes and variations:

- An electric or mechanical juicer for the citrus fruits will save a lot of wrist work.
- Perhaps resist the temptation to garnish with a mint leaf or similar.