

DISH		Fruit Paté
Ingredients		Method
		Peel and core the fruit and cut them into chunks.
<b>3lb fruit (Apples or Quince)</b>		Put the fruit pieces in a large saucepan and cover with water, cover with the lid
<b>Granulated Sugar</b>		Then simmer very gently for around 40 mins for apple or 2-3 hours for quince until the fruit is soft.
		Drain the fruit and weigh it, and measure out 6-8 oz or sugar per lb of fruit ( that's 40-50 %)
<b>50/50 mix of fruit can be used</b>		Put the fruit pieces in the food processor and blitz until you have a paste or hash with a potato masher.
<b>optional</b>		In a saucepan with a thick bottom (an enamelled cast-iron pan works well) put the fruit puree in and cook for 15-20 mins until quite dry.
<b>6-8 oz fruit to flavour</b>		Simmer the mixture over a very low flame, add the sugar and make sure it has all dissolved in the fruit puree.
<b>like blackberries, black currant</b>		Continue to simmer gently without a lid, stirring every now and then to make sure the bottom does not catch, for about 1 hour, until the paste is thick and your spoon will stand up in it
		When ready, allow to cool for ten mins then spoon onto trays lined with cling film and allow to cool.
		Leave to air dry for 2 days uncovered then turn out of the tray and remove cling film carefully place back in the tray upside down and allow to air dry for 2 more days. Your pate is now ready. Cut it up into any shape you want then roll in sugar to stop it sticking together.
		Note:
		Use 6-8 oz of other fruit to add flavour and colour to your pate per batch. Like blackberries, black currants, . red currants peaches etc