



recipe book

DESIGNED FOR YOU BY CHERRY TIME





foreword

Once upon a time, a tiny flower bloomed on an ancient cherry tree. And so began a story of love, care and connection – a tale that finds its end in a sweet, red cherry.

A gift from us at Cherry Time to you, this book shares a peek into the chapters of a cherry's life, and some special recipes so you can play your own part. We hope you enjoy every bite.



Did you know?

Cherries are packed with antioxidants and contain melatonin (that aids with sleep), potassium (that help prevent hypertension) and B-vitamins (that boosts the metabolism).



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About the farm

Cherry Farm

HISTORY

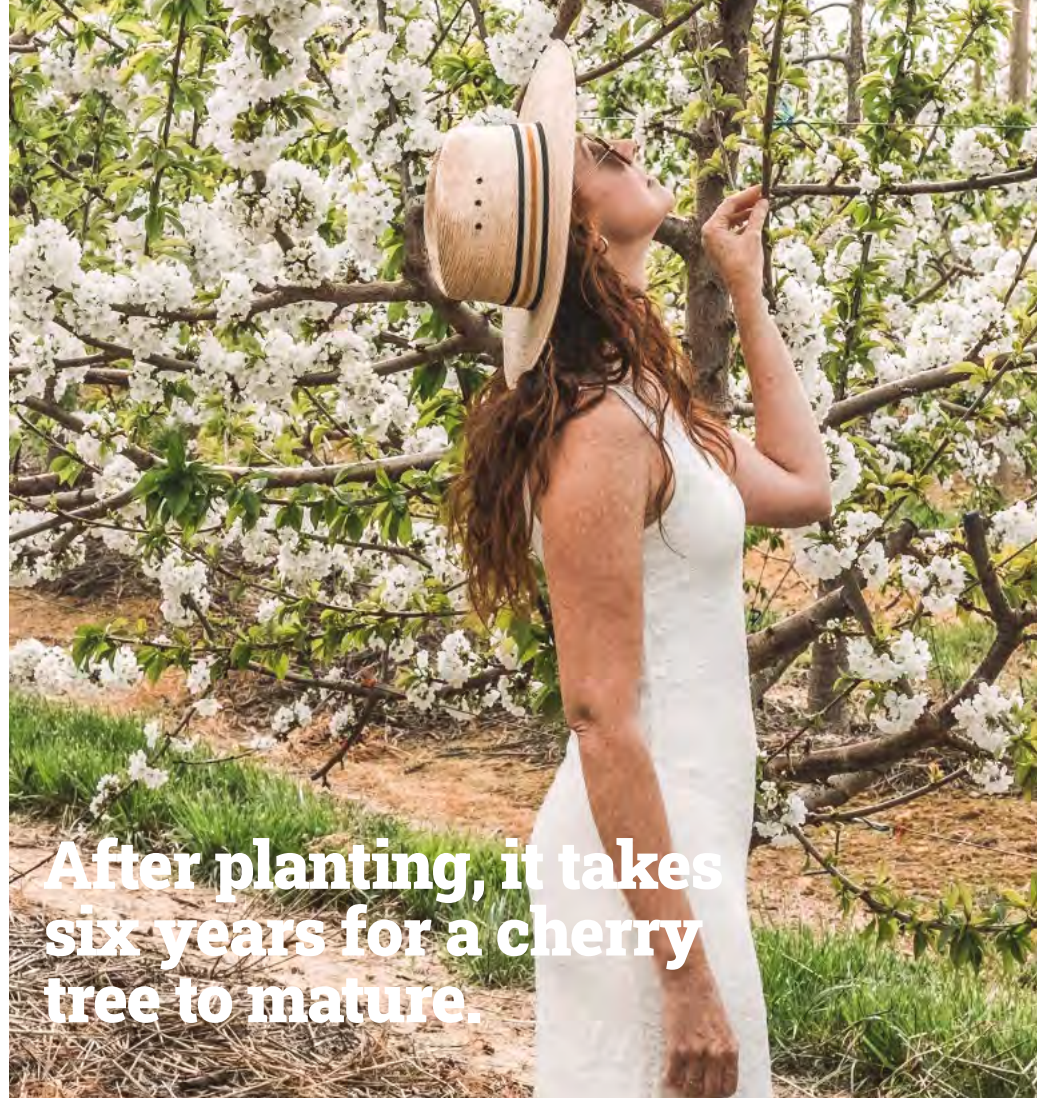
Dutoit Agri has a rich history in the agricultural business, with a legacy going back 120 years. The first orchard was planted at Nooitgedacht, one of the largest cherry farms in the country, in 1890, and those trees are still rooted there today.

What has helped us stand the test of time is that our business is more like a family. We're passionate about our people, investing in them to create a sustainable, tight-knit community. We are lucky enough to have second and third generations of families working our farms to bring cherries to life for you to enjoy. (Read more about this in The Faces Behind the Farm on page 8.)

Each of the properties that provide us with bountiful cherries is unique, at a different altitude and with its own culture. Our farms are in remote locations with no through roads, keeping them pure and pristine. Our trees are irrigated with mountain rainwater that's crystal clear and free of pollutants. Some orchards are located at 1050 metres above sea level in the pristine Koue Bokkeveld, north of Ceres, surrounded by the Cederberg Mountains. We're proud to grow the best cherry varieties sourced from over the world in South African soil.



**Milder summers and
drier winters yield the
best-tasting cherries.**



After planting, it takes six years for a cherry tree to mature.



Without bees, we wouldn't have cherries. Bees love warm, humid conditions and hide in their hives if it's too windy or cold.

Bees are our best friends; these mystical honey-makers are pivotal to pollination. Blossom season starts in September and cherries mature by November, when harvest season begins. When they're at their best, showing off their plump juiciness and perfect green stems, our cherries are picked and packed on the same day.

The best way to eat a cherry is at 6am, fresh from the tree. The next best? In a box from Cherry Time.



A cherry takes 45 to 65 days to grow ripe and ready to be picked.



From Our Farm to Your Table:

A LOVE STORY

A cherry's journey from bud to your bowl is sprinkled with romance and magic. Here's how nature and our best people work together to bring you perfectly plump and juicy jewels every season.

1. PLANTING AND PRODUCTION

The trees on our farms are nurtured throughout the year: pruned, fed, and bathed with crystal-clear mountain water to promise the best, biggest and most flavourful fruit.



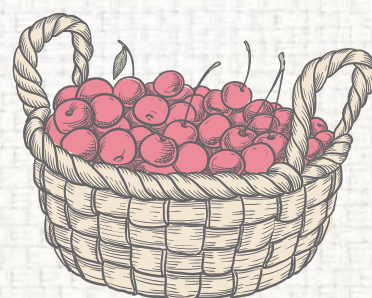
2. FLOWERING AND FRUITING

In September, white blooms fill the air with a sweet scent, and bees zip from flower to flower to pollinate each one.



3. HARVESTING

Thanks to the kiss of the bees, the cherries grow ripe and ready to be picked by our special team behind the scenes from October to December. The fruit are cooled and delivered to the pack house.



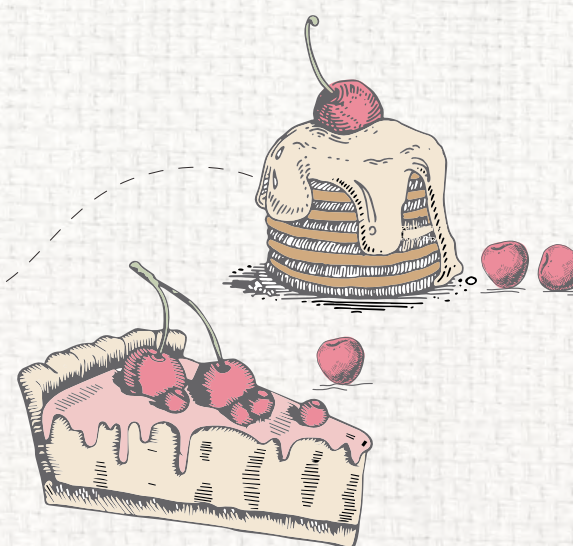
4. PACKING

Green stems are trimmed and the cherries are sorted according to size. The ruby-red gems are then nestled in containers, ready to start their journey to you.



5. EATING

You can buy our cherries from selected Pick n Pay stores across the country or have them delivered right to your door if you live in the Western Cape. Our passion and perfectly timed dance with nature ensure that only the best cherries reach your hands, bringing with them the enchantment of their story.



The faces BEHIND THE FARM

Our people are as important as our produce. The journey of our cherries from the farm to your table is made possible by the passion of some very special team members. They are the ones who walk the land, lovingly tend the orchards, prune the trees, and pluck the fruit. They make the magic happen.

At our farms it's more than just work; we're a family. We share our lives together. To further strengthen this community, there's a day-care centre for Cherry Time children, and we reinvest a portion of local profits for farm workers and their families. This is our commitment to the future of the business and those who have helped build it.

"The charm of our farms is the uniqueness that our people bring to them. They love what they do, and that makes Cherry Time special." – Tanith Freeman, product development manager at Cherry Time for 12 years

"I am a people person; I love working in a team. I also learn something new every season. It gives me pride to know I had a part in harvesting high-quality fruit." – Magoda 'Marco' Bonginkosi, Cherry Time team member for 8 years

"The harvest process is my favourite. It's a hard job, but it's rewarding. I love the work and the safety that a farm provides." – Mariska Jantjies, Cherry Time team member for 20 years

"There is no better way than eating a cherry fresh off the tree. A cherry is a unique fruit; it is special and loved by all. I love to see the joy that a cherry brings people and I love being part of the process." – Elsie Pedro, Cherry Time team member for 28 years.

"It's a privilege to see the beauty of the farm and its people every day."

– Adrieëta Ambraal, day-care teacher and Cherry Time team member for 5 years





The Recipes

CHERRY LANE COCKTAIL



BY: TRAVIS KUHN

Cherries have been called the nectar of the gods, a butterfly's kiss, and the deepest wish of a hummingbird's heart...

Here's how to weave their spell into your very own elixir. This sophisticated potion offers a balance between the sweetness of fresh cherries and the spicy hit of American Rye whiskey, with a zesty splash of citrus.

you will need:

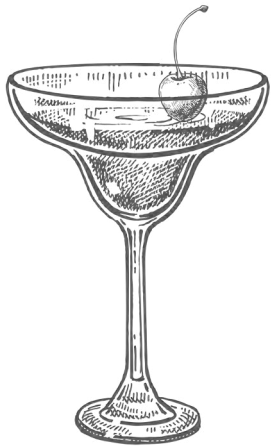
40ml rye whiskey
40ml fresh cherry juice
20ml Cointreau orange liqueur
15ml lemon juice
2 dashes chocolate bitters

method:

Place all the ingredients into a cocktail shaker. Add 1½ scoops of cubed ice and shake hard. Fine-strain over fresh ice into a tumbler glass, and garnish with a fresh Cherry Time cherry.



CHERRY BUBBLES COCKTAIL



BY: TRAVIS KUHN

Want to get swept away in a more innocent encounter?

This complex cocktail ticks all the boxes minus the booze, with bright top notes and a fragrant, herbal base of spearmint, thyme and rosemary to pair with homemade cherry cordial.

you will need:

40ml Seedlip Garden 108
25ml cherry cordial*
25ml grapefruit Juice
Non-alcoholic sparkling wine

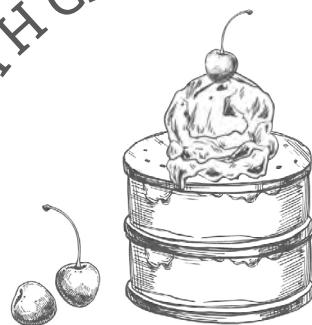
method:

Add all ingredients except the sparkling wine to a cocktail beaker with fresh ice. Stir well, until chilled, and fine-strain into a chilled coup glass. Top up with sparkling wine and garnish with Cherry Time cherries on a stick or mini sword.

*To make your own dry cherry cordial, place 350g chopped and pitted fresh cherries into a large mason jar, cover with 350g granulated sugar and 5g citric acid, and leave for 3 days.



CHERRY-ALMOND ICE-CREAM SANDWICHES WITH CHOC-FUDGE SAUCE



BY: ANGIE BATIS

These sweet mouthfuls are bursting with fruity flavour, creaminess and crunch.

Cherries and almond essence make a heavenly pairing in the ice cream, while the devilish hot choc-fudge sauce brings everything together in a passionate embrace.

you will need:

450g fresh Cherry Time cherries
80g castor sugar
2 tbsp water
1 tin (385g) condensed milk
2 tsp almond essence
1½ tsp vanilla essence
400ml whipping cream

226g milk or dark chocolate, chopped
¾ cup whipping cream
2 tbsp butter
¼ cup light corn syrup or golden syrup
2 tbsp cocoa powder
1 tsp vanilla essence

To make sandwiches: waffles or cookies





method:

Pit all your cherries by pulling the fruit apart by hand and removing the pips. Add the cherries to a medium-sized pot along with caster sugar and water, then heat on medium-low until the sugar has dissolved and the cherries have broken down and released some juices (about 15 minutes). Pour into a bowl and allow to cool.

Once cool, blitz your cherries in a food processor, leaving them slightly chunky to add texture to your ice cream.

In a small bowl, mix together the condensed milk, almond essence and vanilla essence.

In another bowl or stand mixer, whisk the cream until stiff peaks form. Slowly add the condensed-milk mixture and continue beating until creamy and smooth.

Using a spatula, add 3/4 of the cherries to the cream mixture and stir well.

Transfer the mixture to a loaf tin or Tupperware tub. Spoon the remaining cherries on top and gently swirl it in with a spoon to create a pattern.

Cover tightly with cling wrap and freeze overnight or until the ice cream is your desired consistency.

To make the chocolate sauce, in a medium-sized saucepan, stir together the chopped chocolate, cream, butter, corn syrup or golden syrup and cocoa powder. Heat on medium, stirring constantly until the chocolate is melted and the mixture is nice and smooth, taking care not to burn it. Add a splash of milk or cream if you like a silkier consistency.

Remove the pan from the heat and stir in the vanilla essence.

To serve, take the ice cream out of the freezer to soften, before scooping it onto waffles or between two cookies, and drizzling with choc-fudge sauce.

CHERRY-INFUSED PANNA COTTA WITH TOASTED COCONUT AND CHERRY-TOFFEE SHARDS



BY: SAADIYAH
HENDRICKS

The delicate essence of cherries is on fine display in this sophisticated dessert. Understated and subtle, the luscious custard is a perfect base for the explosion of sweet, nutty texture on top.

you will need:

For the cherry-infused panna cotta:
1 cup pitted and halved Cherry Time cherries
3 cups cream
1 cup full-cream milk
3/4 cups caster sugar
1 tsp vanilla essence or the seeds from 1 vanilla pod
1 tbsp gelatine dissolved in 1/3 cup boiling water

For the topping:
1/4 cup pitted and halved Cherry Time cherries
1 cup desiccated coconut
200g caster sugar

To garnish: fresh Cherry Time cherries





method:

For the panna cotta, place all the ingredients except the gelatine and cherries in a medium saucepan and bring to the boil on medium heat.

Remove from heat, whisk in the dissolved gelatine and then 1 cup of cherries, gently pounding the cherries for 2-3 minutes, allowing the fruit to infuse into the milk.

Strain to remove cherry pieces and pour into individual dishes or moulds and allow to cool completely before placing in the fridge overnight to set.

To make the topping, preheat the oven to 180°C. Spread the coconut on a baking tray and place in the oven for 5 minutes or until lightly toasted. Remove and allow to cool while preparing the toffee.

For the toffee, place the sugar in a saucepan on medium heat and allow to melt, stirring to distribute the heat evenly. Once the sugar has dissolved and turned amber, remove from the heat and stir in the $\frac{1}{4}$ cup cherries.

Quickly pour the cherry toffee onto a silicone mat and spread it out using an offset spatula. Sprinkle the coconut over the spread toffee and allow to cool completely. Once cool, break the toffee into shards by tapping with a sharp knife.

When ready to serve, decorate the panna cotta with the toffee shards and fresh cherries.

ROASTED CHERRY, BASIL AND MOZZARELLA PUFFS



BY SAADIYAH
HENDRICKS

Who said cherries were reserved for dessert? In this vegetarian crowd pleaser their more savoury qualities come to play with aromatic herbs and garlic, creamy cheese and flaky pastry.

you will need:

- 1 cup pitted Cherry Time cherries
- 1 x 400g roll of readymade puff pastry
- 3 tbsp olive oil
- 2 garlic cloves, finely chopped
- salt and pepper, to taste
- 200g buffalo mozzarella, torn into chunks
- 1 cup torn basil leaves

To serve: crème fraîche





method:

Preheat the oven to 200°C. Line a baking tray with baking paper and sprinkle with flour.

Roll out the puff pastry onto the prepared baking tray and prick the pastry with a fork in a few spaces.

In a bowl, mix the garlic with the olive oil. Brush the pastry with some garlic oil, leaving some aside. Toss the cherries in the remaining garlic oil and spread across the pastry, taking care to leave a border around the edges. Season with salt and pepper.

Place the tart in the oven and bake for 15 minutes. Remove from the oven, scatter the mozzarella across the top, and bake for a further 5 minutes or until the pastry is golden brown.

Remove from the oven and allow to cool for a few minutes. Scatter over the fresh basil, cut, and serve immediately with a dollop of crème fraîche.

CARAMEL-AND-CHERRY BABKA TOPPED WITH CHERRY VANILLA GLAZE AND ROASTED PISTACHIOS



BY: SAADIYAH
HENDRICKS

Rich, spicy and layered with flavours, this braided loaf is bound to be your new favourite bake. Its cherry-infused glaze, fruity filling and nutty crust means you can get away with serving up a slice any time of the day.

you will need:

For the caramel:
200g caster sugar
90g butter
230ml cream, slightly warmed

For the babka:
1 cup pitted and halved Cherry Time cherries
½ cup warm water
1 tsp golden caster sugar
1 packet instant yeast
1 egg, plus 1 extra yolk
¼ cup oil
2 tsp vanilla essence
2 tbsp honey
1 tsp salt
260g bread flour
½ tsp freshly ground nutmeg
egg wash (1 egg mixed with 1 tsp water)
¼ cup pistachios, roasted

For the cherry-vanilla glaze:
75g butter, melted
250g icing sugar
5 tbsp milk
1 tsp vanilla extract
¼ cup pitted and halved Cherry Time cherries

To serve: chantilly cream





While on the rack, pour over the cherry-infused glaze and top with roasted pistachios. Slice and serve with chantilly cream.



About the contributors:



BARTENDER: TRAVIS KUHN

Travis Kuhn is a multiple award-winning bartender who is owner of the Perfect Serve and the Vicious Virgin Bar. He was named Diageo's World Class Bartender of the Year in 2018 and Bartender of the Year in 2019 at the SA BAR Awards. He has also produced his own gin line with Inverroche.

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COOK: ANGIE BATIS DURRANT

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Saadiyah Hendricks is a working mom of two little girls with a deep love for baking and all things delicious. On her blog sadiesbubbleofyum.com she shares Halaal recipes, tips and all things foodie-related.

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interesting cherry facts and how to order your cherries

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