

Spotlight: Pomegranate

Cut me open and seed what's inside!

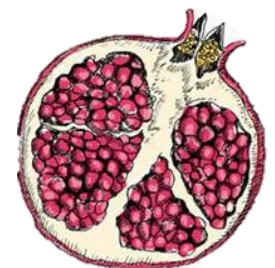
As we roll into a new year there is something about January that makes us want to make an adjustment. Whether it's changing our routine, our diet or our mind set, we hope to achieve a healthier version of ourselves – bring on 2023!

After the nonstop delight of the Christmas food conveyor belt, a huge focus in January stirs towards “you are what you eat” - bring forth the power foods and what's more appropriate than the pomegranate! Known for its round shape and distinct red seeds, this juicy, sweet tart fruit comes with a multitude of health benefits from helping with digestion to powering the brain. The pomegranate is packed with nutrients that support several aspects of the body.

Not only famous for its health benefits, but the pomegranate is also recorded through Greek mythology as the fruit planted by the goddess Aphrodite to symbolise love, beauty and

marriage, with the seeds still being spread today as a good luck charm for a happy marriage. Granted today's offerings are a little different. Persia was the birth land of the pomegranate, prior to spreading to India, north America and Europe, it is now often associated with Mediterranean cuisine.

Whether a sweet or savoury dish, pomegranate has made its mark with its tart, sweet nature which also allows it to be turned into condiments such as pomegranate molasses, which is perfect to drizzle over chicken liver pate. Pescetarian or vegan, the seeds alone can be used to compliment a salmon fillet or roasted aubergine. Alternatively, used as a substitute, pomegranate liquor can replace sugar syrup in cocktails to provide that sweet balance in your favourite drink – or also highly recommended is to compliment the juniper notes of gin. It automatically sits well in the patisserie world with it naturally pairing well with coconut, cranberry and coffee, and a bonus, with the seeds looking like jewels on any dessert – how could you go wrong?



Target Trends:

Health

Décor

FLAVOUR OF THE MONTH

Despite pomegranate's impactful flavour once mixed with other ingredients it can become a bit invisible – step forward **Pomegranate flavour 85/22010**, which is ideal for both boosting the pomegranate already in the recipe as well as adding that fruity pomegranate flavour to any dessert.



A rose between two thorns, or creamy pannacotta layered between sticky toffee pudding. The sponge flavoured with **Burnt Toffee 85/22607** sandwiching a **Pomegranate 85/22010** flavoured pannacotta filling – the rich brown burnt notes of the sticky toffee emphasised with sweet fruity tartness of the pomegranate. All finished with a **Tonka 85/23370** flavoured buttercream to add a beany, creamy depth.

The Maritzozzi, an Italian classic, known for its beautiful buttery soft dough, is flavoured with our **Pomegranate 85/22010** to add lightness and give sweet, tart but fresh fruity delight. It is filled with a delicately whipped cream flavoured with **Orange 85/18040** which compliments the pomegranate by bringing out it's natural sweet nature – one minute it's there the next it has gone.



Get in touch for more details