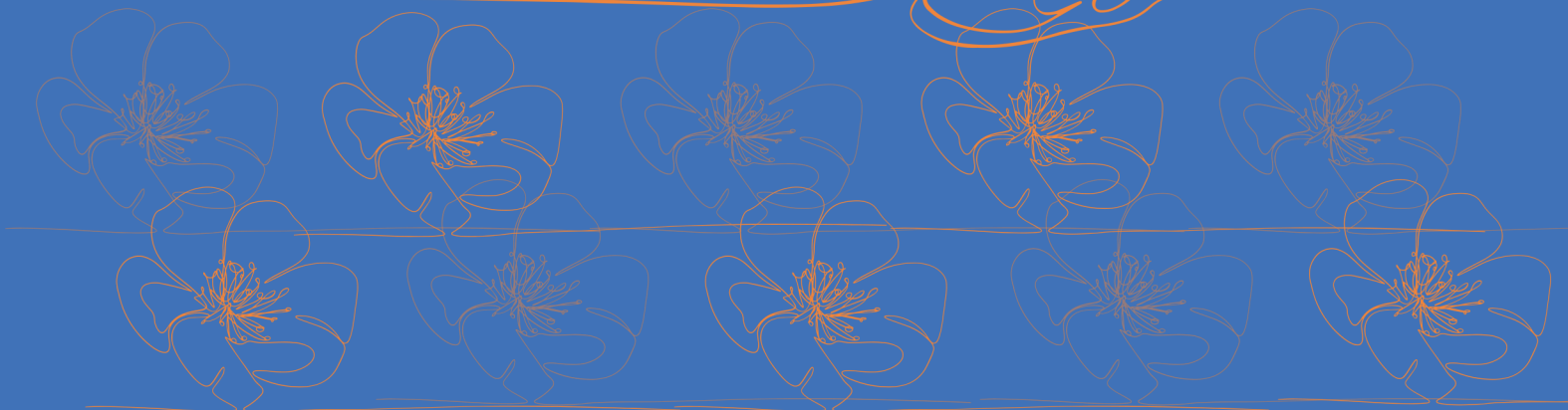


Food ideas with

BEARA BITTERS



Hake in Flavored Butter

Ingredients:

- 2 pieces fresh hake
- 80ml white wine
- 30g butter
- fresh thyme, bruised
- Salt and pepper
- 30g cream flour
- 1 tbsp sunflower oil
- 4 dashes Smoked Pear bitters
- Garnish: lemon slices

Method:

- Mix the flour with salt and pepper and some thyme, chopped roughly. Dredge the fish in it
- Heat a pan before adding oil and 1/2 tsp butter to it, allow to brown and add the fish, skin side down
- Cook for 6-8 minutes, adding butter in slivers as needed. Then flip and cook for the same amount of time. Add more butter and spoon over the fish as needed.
- Once cooked, remove to a warm oven and cover. Deglaze the pan with wine and turn the pan up to high, continuously stirring the sauce as it thickens. Add the bitters and continue to cook for 50 seconds. Taste and adjust seasoning with salt, pepper and thyme
- Plate with sauce and garnish with lemon slices

Poached Apples in Syrup

Adapted from a recipe by Sasha Martin of Global Table adventure

Ingredients:

- 4 small, firm apples
- 350g sugar
- 350ml water
- 1 tbsp Smoked Pear bitters
- Cloves

Method:

- Add the sugar and water to a pan and simmer until the sugar dissolves
- Meanwhile peel the apples, remove the base and replace with one clove
- Place apples in hot syrup and simmer for ~45 minutes, taking care the apples stay whole
- Add the bitters in the last few minutes of cooking
- Remove from heat and allow to cool separately
- In summer serve chilled, with ice cream, in winter, warm

Bittered Cinnamon Apples

Adapted from a recipe by Sharee of Savory Spicerack
Lovely on waffles, pancakes, ice-cream, porridge, etc

Ingredients:

- 1 tsp Aromatic Bitters
- 1 tbsp brandy
- 1/4 tsp cornstarch
- 2 red eating apples
- 2 tbsp butter
- 30g brown sugar
- 1/2 tsp vanilla extract

Method:

- Peel, slice and core the apples
- Mix the brandy with cornstarch and set aside
- In a medium saucepan, melt the butter
- When the butter has melted, add the brown sugar, stir until the sugar dissolves
- Mix in the brandy/cornstarch mix and the vanilla to the butter mix
- Add sliced apples to the saucepan and cook for 7-10 minutes
- Once apples have cooked to your taste, remove from the pan. Add the bitters and stir, let sit for 2 minutes and serve

Peach posset

- 4 just ripe peaches
- 1 tsp Orange Bitters
- 2 tbsp Light muscavodo sugar
- 300ml double cream
- 75g caster sugar
- 1 large organic lemon, finely grated zest and juice only
- Borage flowers or mint leaves

Method:

- Add peaches to a bowl of boiling water until the skin starts to peel away. Remove and dip in cold water, dry and carefully peel.
- Cut peaches into 5mm/1/4in cubes, put in a bowl, add bitters and sugar, toss well. Divide among eight small tumblers
- Add cream and caster sugar to a saucepan with lemon and heat over a medium heat. Stir until sugar has dissolved. Simmer for 2 minutes while stirring. Pour into a jug and let cool
- Pour over fruit and refrigerated for 4 hrs or overnight