



Quandongs

Traditionally a significant food source for indigenous Australians, the Quandong or 'Wild Peach', has been a staple for the Pitjantjara people for over 50,000 years. Quandongs are 25% protein and 70% complex oils, with the Quandong kernels also used to create powerful antibacterial and anti-inflammatory pastes. The Quandong is valued equally as a food and as a medicine in treating skin conditions and rheumatism.

Health benefits include the glossy, bright, crimson fruit of the Quandong containing twice the amount of Vitamin C of an orange. Quandong's are also a wonderful source of Vitamin E, folate, magnesium and calcium. They are a valuable vegetarian/vegan source of iron and zinc. Quandongs are a rich source of phenolic-based antioxidants which boost the immune system, reduce inflammation and protect against a number of diseases including cancer, cardiovascular disease and Alzheimer's disease.

Recipes

Quandong Jam

Ingredients:

2 kg quandong fruit (stones removed)

2 kg sugar (To sweeten quandongs, generally about the same weight of sugar and fruit is used)

Method:

1. Prepare fruit, cutting in half and removing the stones.
2. Place fruit in saucepan, add enough water to not quite cover the fruit and simmer until the fruit is a soft pulp.
3. Heat sugar in oven until warm, then gradually add to the fruit until dissolved, stirring constantly, and bring to a rapid boil.
4. Allow mixture to cool before placing in sterile jars and sealing.

Quandong sorbet

Ingredients:

4 cups of quandongs, seeded and pureed

½ cup sugar
½ cup water
Oil for brushing tin

Method:

1. Make a sugar syrup by bringing sugar and water to the boil. Reduce heat and simmer until sugar has dissolved. Remove from heat and allow to cool.
2. Add the quandong puree to the sugar syrup.
3. Brush a tin or individual cups with oil.
4. Poor sorbet mixture into tins or cups and freeze.
5. Turn out the sorbet onto a serving platter or serve in individual cups.

Quandong ice cream

Ingredients:

150g dried quandongs or 300g of fresh quandongs with stones removed
230g castor sugar
Juice of 1 ½ lemons
500ml water

Method:

1. Combine castor sugar, lemon juice and water.
2. Soak dried quandongs in ½ L of cold water, before bringing to the boil in the water, sugar and lemon juice.
3. Simmer for no more than 5 minutes otherwise the fruit will discolour and go mushy.
4. Stand overnight to retain the true flavour of the quandong fruit.
5. Stir the stewed quandongs through the softened vanilla ice cream and refreeze.

Quandong pudding

Ingredients:

1 cup wholemeal SR flour
1 cup raw sugar
1 cup dried fruit
½ tsp mixed spice
1 cup stewed quandongs
1 cup milk

Method:

1. Mix all ingredients together in a bowl.
2. Spread mixture into a well greased lamington tin
3. Bake at 170°C for about 40 minutes. When pudding is cooked, it will be golden brown and spring back from a light touch.