



How to Marinate Nectarines



As summer hits, stone fruits are at their glorious peak. And what fruit is more beautiful than a ripe, juicy nectarine. Grown across Australia, nectarines are both abundant and irresistible in the warm weather. Enjoy them in sweet or savoury dishes alike!

- Both white and yellow-fleshed varieties are good sources of vitamin C and dietary fibre, though be sure not to over indulge! The fruit's wonderful sweetness comes from large natural sugar content - sucrose, the same kind you'll find in refined sugar.
 - Ever wonder why the fruit of some nectarines easily comes free while with others the flesh is entwined to the stone? Freestone varieties allow the stone to be easily removed, while the Clingstone variety has flesh that clings.
 - Nectarines are extra delicious when fresh, added to fruit salads, breakfast cereals, ice creams, salads and drinks. They can also be poached, sautéed, baked or microwaved and added to meat, fish and chicken dishes, puddings and sauces.
- Marinating and cooking nectarines really brings out their wonderful flavour. For an easy summer dessert, this recipe is a great crowd pleaser that will have guests wondering how you managed to create such an aromatic, intense flavour.

Directions

Peel and cut 4 nectarines in quarters.

Mix with 1/3 cup Marsala (an Italian fortified wine) and 1/2 teaspoon of cinnamon.

Pan-fry nectarines in a Le Creuset Round Skillet with melted butter over a high heat until golden.

The soft, flavoursome nectarines are delicious served either hot or chilled with good quality vanilla ice cream, sprinkled with macadamia nuts.