



DESSERT

RUMTOPF (Rumpot)

~ serving quantity varies ~

REQUIREMENTS:

- 1lb Fresh Fruit (ripe but NOT over ripe)
- 1/2lb Sugar
- ~ Dark Rum (Good quality unflavoured)

FRUITS RECOMMENDED:

- | | |
|--|----------------------------------|
| Cherries - any variety, pitted & stemmed | Apricots - halved & pitted |
| Nectarines - halved, pitted, or quartered | Pears - cored, peeled & sliced |
| Peaches - halved, pitted, quartered/sliced | Strawberries - hulled |
| Plums - halved, pitted, or quartered | Raspberries |
| Grapes - sweet, seedless, red or green | Red Currants - removed from stem |

FRUITS YOU MAY WANT TO AVOID:

- Blackberries/Blueberries - can be bitter and discolour other fruit
- Melons - tend to make the mixture watery
- Rhubarb - can make it quite sour
- Bananas - get mushy
- Citrus - too acidic
- Apples - texture can be odd

HOW TO: (i'ts ok to sample throughout the process)

Wash the inside of the rumtopf. Start with the first fruits available of the season. Wash, dry and remove, pits & stems. Cut to the size preferred. Place the 1lb of fruit and 1/2lb of sugar into the rumtopf. Pour in enough rum to cover the fruit by at least one inch. Cover the rumtopf and place in a cool place away from heat and sunlight. It is important to keep the fruit covered add rum if necessary.

Add fruit montly, as it ripens repeating the process above until the rumtopf is full. Let sit 2-4 weeks after last layer is added. If adding all fruits at once, layer the ingredients (approx. 1lb fruit w/ 1/2lb sugar), let mixture sit 4- 6 weeks.

SERVING SUGGESTIONS:

Serve the fruit mixture on ice cream, cake, pudding or on top of waffles/crepes. Blend some into a milkshake or smoothie. Strained, the liquid can be consumed as a shot or try adding a dash to your coffee/tea.

TIP: Cover the rumtopf opening with plastic wrap (to prevent evaporation) before placing the lid firmly on top.

TIP: Check periodically. Bubbles developing = fermentation. Add rum to suppress extra fermentation.

