



montmorency tart cherries

Cherryvite Montmorency Tart Cherries are now available in New Zealand! While most Kiwis love sweet cherries few have heard of or tasted tart cherries. Tart cherries have a clean, crisp taste that is refreshing and delicious.

Cherryvite Montmorency Tart Cherries add stunning flavours to a variety of dishes. They are superb in smoothies, muffins, cheesecake, yoghurt, and your favourite chocolate and pie dishes, including the famous American cherry pie.

Cherryvite Montmorency Tart Cherries are also extremely good for you. Research shows they contain high levels of natural melatonin and antioxidants, and are loaded with nutrients.



Great taste... good health

Cherryvite Montmorency Tart Cherries are 100% natural fruit grown in North Otago, New Zealand, and the USA. No added sugar.

Montmorency tart cherries nutritional information

Quantity per 100g:	
Energy	45Cal
Protein	1.1g
Fat: total	0.1g
Fat: saturated	0
Carbohydrate sugars	8.2g
Sodium	18mg
Cholesterol	0mg
Vitamin A	538iu
Vitamin C	2.48mg
Calcium	13mg
Iron	0.5mg

Keep cherries frozen to
-18°C or below.

Cherryvite Montmorency Tart Cherries are also available as juice concentrate and capsules. Visit www.cherryvite.co.nz for information on the outstanding health benefits of tart cherries and to order Cherryvite products.



Cherryvite®

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montmorency tart cherries recipes

Great taste... good health



vanilla cherry muffins

- 65g butter, softened
- 125g light cream cheese
- 150g castor sugar
- 2 eggs
- ½ tsp vanilla essence
- 150g plain flour
- 1½ tsp baking powder
- 1 cup tart cherries, frozen



Combine butter and cream cheese. Add sugar, beat until light and fluffy. Add eggs. Sift flour and baking powder together. Fold into creamed mixture. Add cherries and gently fold into mixture. Spoon into non-stick muffin tins. Bake at 175°C for 15-20 minutes.

american tart cherry pie Serves 6

- Pie Crust: 2 cups plain flour
2 tbsp sugar
1 tps salt
½ cup unsalted butter, cold, cut into pieces
⅓ cup solid vegetable shortening (cold)
5-6 tbsp ice water

Blend flour, sugar salt. Add butter and shortening, blend. Add 5 tablespoons of water, dough will gather together. Divide dough in half and flatten to form a thick disk. Plastic wrap and chill for at least 1 hour. Take one half of the dough, roll on a floured surface to form a circle and line the pie plate with the dough. Place in the fridge while preparing the filling.

- Filling: 3 cups tart cherries, frozen
1 cup sugar
⅓ cup plain flour
¼ tsp pure almond extract
1 egg white, lightly beaten with 1 tbsp water

Preheat oven to 200°C. Combine cherries, sugar, flour and almond in large saucepan. Leave mixture until cherries thaw – this will provide enough moisture to make the mixture wet. Stir well, bring to boil over medium heat (1 minute), stir until mixture thickens. Cool to room temperature. Remove pie shell from fridge, brush with egg white, spoon the cherry filling into shell. Remove top crust from fridge, cut into strips to form a lattice top. Trim edges, moisten with water and press together. Bake until filling is bubbly and the crust is golden (35 minutes). Cool. Serve warm with yoghurt, fresh cream or ice cream.



cherry berry smoothie

- 1 cup tart cherries, frozen
- 1 cup frozen blueberries
- 1 cup low fat natural sweetened yoghurt
- 1½ cups low fat/trim milk
- 2 tbsp passionfruit pulp

Put all ingredients into a blender and purée. Serve immediately. For variety, add a banana or your favourite berries.



cherry chill sorbét

- 450g tart cherries, thawed
- 1½ cup sugar
- 1 cup water
- 1 juiced lemon

Boil sugar and water until sugar is dissolved and syrup is reduced to 2 cups (5 minutes). Refrigerate and cool. Process cherries in a blender. Push the cherries through a fine sieve sitting on top of a bowl. Add juice of a lemon. You should have 2 cups of liquid. Add 1 cup of the syrup into the cherry juice, mix and refrigerate for 3 hours. If you like a more diluted texture, you can use more of the syrup. Skim off the fine pieces of sour cherry skin that gathers on top of the juice. Transfer the sorbét to a shallow plastic container and freeze for 5 hours. Transfer it back to the blender and process until soft. Place back into the freezer until 10 minutes before serving. Decorate with mint or angelica leaves.



quick and yummy tart cherry ideas

- perfect with anything chocolate, including soufflé, mousse and chocolate cake...
- in ice cream and yoghurt...
- amazing with rice pudding...
- on top of cheesecake...
- in pancake and waffle batters...
- and in mulled wine for a big winter warmer.



Tart cherries make a delicious sauce to go with any meat, from chicken and pork, through to the quintessential bbq sausage and fish'n'chips. Try this... barbeque your favourite chicken nibbles and splash on this delicious tangy sauce...

southern cherry glaze



- ½ kg tart cherries, thawed
- ½ onion, grated
- ⅔ cup orange juice
- ¼ cup lemon juice
- ¼ cup soy sauce
- ¼ cup tomato-based chilli sauce
- ¼ cup orange marmalade
- 2 tbsp brown sugar, firmly packed
- 1 tbsp fresh rosemary, chopped
- 1 tbsp Dijon mustard
- ½ tsp orange peel, grated
- ½ tsp lemon peel

Pulp the tart cherries in a blender. Add all other ingredients and mix gently together. Bring to boil and serve.



great taste