

Fruit Roasting Guide

Roasting fruit enhances its natural sweetness and flavor while creating a delicious, caramelized texture.



Fresh or canned, not frozen		
Apple	Blueberry	Pineapple
Apricot	Peach	Orange
Blackberry	Pear	Strawberry



Make the spice blend choosing 1 from each column. (Heat is optional)			
SWEETENER 1 tbsp per pound of fruit	HERBS ½-1 tsp per pound of fruit	SPICES ½-1 tsp per pound of fruit	HEAT ½-1 tsp per pound of fruit
Brown Sugar Granulated Sugar Honey	Lavender Marjoram Rosemary Sage Thyme	Allspice Cardamom Cinnamon Cloves Ginger Nutmeg Star Anise Sumac	Black Pepper Cayenne Chili Powder Chipotle Powder Hot Paprika Red Pepper Flakes White Pepper



Roasting Instructions

- 1: Preheat oven to 425° F.
- 2: Wash and dry fresh fruit. Drain if using canned fruit.
- 3: Toss fruit with spice mix in a large mixing bowl.
- 4: Spread fruit evenly on a sprayed parchment line sheet pan.
- 5: Roast until fruit begins to caramelize (about 20-30 minutes).
NOTE: Stir fruit after 15 minutes of cooking to ensure even caramelization. Take care not to tear parchment paper.
- 6: Remove the pan from the oven and place the fruit in the refrigerator to chill.
CCP: Chill to 70°F within 2 hours, and to 41° F within an additional 4 hours.
Store in a cooler at 41°F or lower, labeled, and dated. Discard within 7 days.



Add fresh chopped herb or zest 1 tbsp per pound of fruit.		
Basil	Lavender	Parsley
Citrus Zest (orange, lime, lemon)	Mint	