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

## 1 SELECT FRUIT

<table>
<thead>
<tr>
<th>Fresh or canned, not frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
</tr>
<tr>
<td>Apricot</td>
</tr>
<tr>
<td>Blackberry</td>
</tr>
<tr>
<td>Blueberry</td>
</tr>
<tr>
<td>Peach</td>
</tr>
<tr>
<td>Pear</td>
</tr>
<tr>
<td>Pineapple</td>
</tr>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Strawberry</td>
</tr>
</tbody>
</table>

## 2 SPICE BLEND

**SWEETENER**
1 tbsp per pound of fruit
- Brown Sugar
- Granulated Sugar
- Honey

**HERBS**
½-1 tbsp per pound of fruit
- Lavender
- Marjoram
- Rosemary
- Sage
- Thyme

**SPICES**
½-1 tbsp per pound of fruit
- Allspice
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Nutmeg
- Star Anise
- Sumac

**HEAT**
½-1 tsp per pound of fruit
- Black Pepper
- Cayenne
- Chili Powder
- Chipotle Powder
- Hot Paprika
- Red Pepper Flakes
- White Pepper

## 3 ROAST FRUIT

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 caramalization. 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.

## 4 OPTIONAL ADD INS

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