

Peach (Makes 4 portions)

Ingredients

2 peaches/tinned peaches in juice

Method

1. Bring a small saucepan of water to the boil.
2. Cut shallow cross on the skin of the peaches, submerge them in the water for 1 minute, and then plunge into cold water.
3. Skin and chop the peaches, discarding the stones.
4. Either purée the peaches uncooked or steam first for a few minutes until tender.
5. Alternatively, use tinned peaches in juice as this can be easier and quicker.