

FERRANDI  
PARIS

# FRUITS & NUTS

RECIPES AND TECHNIQUES FROM  
THE FERRANDI SCHOOL OF CULINARY ARTS



Flammarion



# FRUITS & NUTS

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Photography by Rina Nurra

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# PREFACE

For over one hundred years, **FERRANDI Paris** has taught all of the culinary disciplines to students from around the world. After our three previous books published by Flammarion—a comprehensive guide to the art of French pâtisserie, as well as volumes focused on chocolate making and cooking with vegetables—it is time to explore the infinite variety of fruits and nuts, and discover how they can be used in both sweet and savory dishes.

Orchards, groves, and plantations around the globe produce a vast range of fruits and nuts—from apples, pears, and strawberries, to kiwifruits, lychees, and tamarillos—with an array of shapes, tastes, and delicious aromas. Synonymous with pleasure since the Middle Ages, fruits not only lend their unique flavors to memorable desserts, but they also enhance numerous savory dishes with their contrasting notes. Thanks to this incredible diversity, fruits and nuts constitute an infinite source of inspiration for chefs and pâtissiers.

Both traditional skills and creative innovation lie at the heart of **FERRANDI Paris's** teaching philosophy. We maintain a balance between the two through strong ties to the professional world, making our school a leading institution in this field. That is why this book not only provides delicious recipes in which fruits and nuts are given pride of place, but also demonstrates fundamental techniques and shares expert advice. Anyone who wishes to explore the inspiring world of fruits, whether it be at home or in a professional kitchen, will find this book invaluable.

I extend my warmest thanks to those members of **FERRANDI Paris** who have made this volume a reality, particularly Audrey Janet, who coordinated the project, as well as Marc Alès (Meilleur Ouvrier de France 2000), Georges Benard, and Carlos Cerqueira, pâtissiers at the school, who generously shared their expertise and adeptly combined technical skills and creativity to demonstrate the rich culinary potential of the orchard world. The recipes for your delectation in this book are truly the fruits of their labor.

**Bruno de Monte**  
Director of **FERRANDI Paris**



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# INTRODUCTION

## *A Portrait of* **FERRANDI Paris**

In over one hundred years of history, **FERRANDI Paris** has earned an international reputation as one of the premier culinary and hospitality schools in France. Since its inception, the school—hailed “the Harvard of gastronomy” by the press—has trained generations of groundbreaking chefs and entrepreneurs who have left their mark in the industry around the world. Whether at its historic campus in the Saint-Germain-des-Prés neighborhood in Paris, its campus in Bordeaux, or its soon-to-open sites in Rennes or Dijon, this institution is dedicated to world-class teaching with the aim of training future leaders in the culinary and pastry arts, hotel and restaurant management, and hospitality entrepreneurship.

Founded in 1920 by the Paris Île-de-France Regional Chamber of Commerce and Industry, **FERRANDI Paris** is the only school in France to offer the full range of degree and certification programs in the culinary and hospitality arts, from vocational training to the master’s degree level, in addition to international programs. The school takes pride in its 98 percent exam pass rate, which is the highest in France for degrees and certifications in the sector. No matter the level, a **FERRANDI Paris** education is rigorous and combines mastering the basics with an emphasis on innovation, management and entrepreneurial skills, and hands-on experience in a professional environment.

### **Strong Ties to the Professional World**

A space for discovery, inspiration, and exchange—where the culinary arts mingle with science, technology, and innovation—**FERRANDI Paris** brings together the biggest names in the sector to discuss and shape the future of the hospitality industry and push the

boundaries of culinary creativity. The school trains 2,200 apprentices and students each year, in addition to three hundred international students of over thirty nationalities and two thousand adults who come to the school to perfect their skills or change careers. The hundred instructors at the school are all highly qualified: several have received prominent culinary awards and distinctions, such as the “Meilleurs Ouvriers de France” title (Best Craftsmen in France), and all have at least ten years of work experience in the culinary field in prestigious establishments in France and abroad. To give students maximum opportunities and the chance to connect with other fields and the greater global community, the school has formed collaborative partnerships with several other institutions. In France, partner schools include the





ESCP Europe Business School, AgroParis Tech, and the Institut Français de la Mode; abroad, the school collaborates with Johnson and Wales University in the United States, the ITHQ tourism and hotel management school in Canada, the Hong Kong Polytechnic University, and the Institute for Tourism Studies in China, among others. Since theory and practice go hand in hand, and because **FERRANDI Paris** strives for excellence in teaching, students also have the chance to participate in a number of official events through partnerships with several chief culinary associations in France, including *Maîtres Cuisiniers de France*, *Société des Meilleurs Ouvriers de France*, *Euro-Toques*, and more. In addition, the school offers numerous prestigious professional competitions and prizes, giving students many opportunities to demonstrate their skills and knowledge. A dedicated ambassador of French culture, **FERRANDI Paris** draws students from around the world every year and is a member of the French Interministerial Tourism Council; the Strategic Committee of Atout France (the French tourism development agency); and the *Conférence des Formations d'Excellence au Tourisme (CFET)*, a group of institutions in France offering top-quality training in tourism-related fields.



### Extensive Savoir Faire

**FERRANDI Paris's** expertise, combining practice and close collaboration with professionals in the field, has been shared in three previous volumes—one devoted to French *pâtisserie*, another to the specialized art of chocolate making, and a third to the diverse world of vegetables—intended for both professional chefs and amateur cooks. Following the success of these three books—*Pâtisserie* received a Gourmand World Cookbook award—**FERRANDI Paris** has now turned its attention to fruits and nuts.

### Fruits and Nuts—An Inspiring World of Flavors

With an immeasurable variety of shapes, colors, and flavors, fruits—whether grown on home soil (apples, pears, or strawberries) or further afield (bananas or pineapples)—offer a veritable feast for the senses. They provide an infinite palette of tastes and textures, as evidenced in time-honored preparations such as jams, tarts, and cakes, as well as in new recipes inspired by dishes from around the world, such as mochi, granitas, and pavlovas. In this book, the **FERRANDI Paris** chefs share their inspiration and invite you to explore the incredible culinary possibilities of fruits and nuts in recipes that are guaranteed to surprise and delight in equal measure.









# **FRUITS AND NUTS: THE ESSENTIALS**

## What is a fruit?

Unlike the word “vegetable,” the word “fruit” is a technical botanical term. Scientifically speaking, a fruit is an organ in flowering plants that develops from the ovary after the ovules have been fertilized and turn into seeds. Fruits serve to spread the seeds or attract seed dispersers, and they have evolved to appeal to animal senses with traits like bright colors and sweetness. In the kitchen, this sweetness is the main defining characteristic of the edible parts of plants that we call fruits. Fruits can take many forms, including drupes (mangos, cherries, peaches, etc.); berries (such as blueberries, grapes, tomatoes, and even avocados); pomes (apples, pears, quince, etc.); pods (peas, legumes, peanuts); capsules; and achenes. Botanical fruits are not always considered fruits from a culinary standpoint: the real “fruits” on strawberries, for instance, are the many tiny seeds covering the plump flesh that we eat. Certain plant parts that we consider to be vegetables are technically fruits, such as tomatoes, zucchini, and squash, while some plants that we treat as fruits are actually vegetables, such as rhubarb, which is a leaf stalk. There are also plenty of exceptions to the rule that vegetables are for savory dishes and fruits for sweet ones: melon can be served as a starter or dessert, while citrus stars in a number of sweet-savory salads and dishes like duck à l’orange. Botanical and culinary perspectives are not always the same. In this book, we explore fruits from a culinary point of view.



### Different types of fruits

Fruits are usually classified according to their appearance and texture. This makes it possible to group them together by how they are used, which makes most sense in the kitchen. In this book, fruits have been classified into the following categories: citrus fruits (oranges, lemons, grapefruit, etc.); stone fruits (cherries, plums, peaches, etc.); seed-containing fruits (apples, quinces, pears, grapes, etc.); berries and rhubarb (strawberries, blackberries, rhubarb, which is traditionally paired with berries, etc.); tropical fruits (pineapples, mangos, bananas, etc.); and nuts and dried fruits (pistachios, hazelnuts, dried cranberries, dried figs, etc.). Alternatively, they could have been classified according to their composition, such as fruits with a high water content (grapes, peaches, melons, pears, etc.); fruits rich in fats (coconuts, almonds, etc.); or pectin-rich fruits (quinces, citrus fruits, strawberries, etc.). Some fruits belong in multiple categories, such as the kiwifruit. Classified as a seed-containing fruit in this book, the kiwifruit is, botanically speaking, a berry but is also often grouped together with tropical fruits.

### Different farming and gardening methods

Organic or conventional? Integrated, permaculture, or intensive? In greenhouses or open fields? There are many ways to grow fruits and there is much debate as to the best way to feed the planet. For cooks and pastry chefs, the most important factors to consider are:

- **Seasonality:** Fruits are at their most flavorful when they are in season and do not require heating or artificial ripening, which can be energy intensive.
- **Freshness:** Buying locally produced vegetables that have traveled as short a distance as possible is the easiest way to guarantee freshness. Depending on where you live, minimal transport can be more difficult to guarantee for tropical fruits.
- **Flavor:** Flavor will depend on the variety and can vary according to how the fruit is grown. As a general rule, fruits that are harvested ripe and in season will taste the best.
- **The root-to-stem potential:** So that fruits can be used in their entirety, including peel, cores, and other less “noble” parts, it is preferable to use produce from organic or integrated producers. Ensure that they are thoroughly washed.

### Selecting fruits at their best

As a general rule, the fresher the fruit, the better it will taste. Signs of freshness include a vibrant color, no blemishes, and a texture that is neither too firm nor too soft. Some varieties continue to ripen after they have been

picked (see below), so keep an eye on them to enjoy them as soon as they have reached their peak. Shininess and luster are not synonymous with freshness: when plums and grapes are covered with a thin, powdery film, known as “bloom,” it is an indication they have been picked recently. Nuts keep longer in their shells, which protect them from turning rancid. Ground, sliced, chopped, or slivered nuts such as hazelnuts and almonds keep for less time and are best purchased vacuum-sealed and recently processed.



## Preparation

It is essential to wash and dry fruits thoroughly to remove dirt and any pesticide residues or surface bacteria. To limit vitamin loss and prevent waterlogging, avoid soaking fruits in water for long periods of time. Particularly fragile fruits such as berries and hydroponically grown varieties only need to be gently cleaned with a damp cloth or a soft-bristled brush. Peeled and cut fruits should be kept in the refrigerator and consumed quickly to avoid nutrient loss and discoloration. **Note:** many fruits (such as apples, bananas, peaches, pears, and apricots) turn brown quickly once they have been peeled and cut. To avoid this natural oxidation process, it is best to prepare these fruits just prior to using, to coat them with lemon juice (or vinegar or another citrus juice, depending on the recipe), or to

poach them in simple syrup. Cutting fruits into equal-sized pieces (see [cutting techniques pp. 52-70](#)) allows for even cooking, but keep in mind that smaller or thinner cuts expose fruits to more air, resulting in greater vitamin and mineral loss.

## Cooking

Although the vast majority of fruits can be eaten both raw and cooked, some tough-fleshed fruits such as quinces must be cooked to make them more palatable. In the case of fruits such as peaches, apricots, apples, and pears, certain varieties have a better flavor and firmer texture that make them more suited to cooking or preservation methods such as canning or candying. Long cooking times diminish the nutritional value of fruits, which lose some of their vitamins as they cook. Short cooking times are best to preserve their flavor and nutritional value. Poaching, roasting, candying, and stewing, along with other techniques, are all explained in this book (see [cooking techniques pp. 74-122](#)).

## Zero waste

Respecting our fruits means using every part of them rather than throwing the trimmings away. Although we tend to eat only certain parts of a fruit, what is left can be used advantageously in other recipes.

- **Apples and pears:** Cores and peel can be turned into a jelly that is perfect for glazing fruit tarts.
- **Apricots:** Break the pits open to remove the slightly bitter almond-like kernels inside, as these can be eaten in moderation. The kernels contain a small amount of amygdalin, which our metabolism converts into hydrocyanic acid, also known as the dangerous poison cyanide. However, an adult would need to consume at least thirty of these kernels in one hour to become intoxicated, so the European Food Safety Authority recommends that adults only consume three apricot kernels at a time and children only one half-kernel at a time. Besides eating them on their own, apricot kernels can also be used for flavor: slip a few into apricot jam or compote, use a small amount in cookies calling for almonds, such as financiers or amaretti, or infuse them in cream for making panna cotta or ice cream with mild bitter almond notes.
- **Strawberries:** The green stem and leafy crown tend to get thrown away, which is a shame. If they are organic, you can use them to make refreshing strawberry-flavored water. Place the stems and crowns in cold water and let infuse for 24 hours in the refrigerator, then strain and serve well chilled.



- Mangos:** Mango flesh clings to the pit, so a little fruit always remains. The pits can be left to infuse in warm cream to make panna cotta or whipped cream with a hint of mango flavor.

- Pineapples:** The thoroughly cleaned skin of organically produced pineapples can be used to flavor a simple syrup. Heat ½ cup (3½ oz./100 g) sugar and 1 cup (250 ml) water in a saucepan until the sugar dissolves. Add the peel of 1 pineapple and bring to a simmer. Let simmer for 10 minutes, then strain through a fine-mesh sieve, pressing down on the pineapple peel to extract maximum flavor. Store in a sealed jar in the refrigerator.

- Citrus fruits:** All citrus zests can be candied, dried, or ground into fragrant powders.

Fruits that are less attractive or a little past their prime can be transformed into compote, roasted in the oven, or used in smoothies or coulis. Finally, any fruit trimmings you cannot use can be composted, with the exception of citrus scraps due to their acidity.

## Storing fresh fruits

All fruits are made up of living cells and must be stored properly to keep them fresh for as long as possible. Temperature has a significant impact on storage time, and some fruits are more fragile than others. Apples and citrus fruits keep for a long time at cool room temperature, while berries have a shorter life and need to be stored in the refrigerator.

## Climacteric and non-climacteric fruits

Fruits that can be picked green and continue to ripen at room temperature are known as climacteric fruits. This category includes apricots, avocados, bananas, quinces, figs, passion fruit, guavas, kiwifruits, mangos, peaches, nectarines, apples, pears, plums, and tomatoes. Climacteric fruits emit ethylene, a colorless, odorless gas that plays a key role in the ripening process. In contrast, other fruits (i.e., non-climacteric) must be picked ripe, such as citrus fruits and berries. These fruits are sensitive to ethylene and they spoil more quickly. Conclusion: do not mix bananas, apples, and oranges in your fruit bowl, or the oranges will quickly soften or even turn moldy. By keeping non-climacteric fruits separate, you can keep them fresh for longer. You can also take advantage of climacteric fruits to speed up the ripening process of other climacteric fruits: place the fruit you would like to ripen, such as an avocado, in a paper bag with a high ethylene-producing fruit like a banana or apple. When your fruit is just ripe (tender to the touch and fragrant),

store it in the refrigerator and use it quickly. To enjoy the full range of flavors and aromas, it is best to remove the fruit from the refrigerator 1 hour before serving it. Once fruits are cut, they begin to brown and lose vitamins, so keep them in the refrigerator in an airtight container for a maximum of 24 hours; to limit browning, coat the fruit with a little lemon juice. Nuts and dried fruits are best kept in airtight containers in a cool, dry place away from direct light, such as a dark cupboard. Once the original packaging has been opened, ground almonds and hazelnuts should be stored in an airtight container in the refrigerator, where they will not turn rancid as quickly.

## Long-term storage solutions

While refrigeration temporarily slows the ripening process, other methods have been perfected over the centuries that enable us to enjoy fruits throughout the year:

- Drying:** used for over 5,000 years, this is the oldest known means of preserving fruit. Grapes, figs, apricots, and dates are among the most common dried fruits. Fruits can be dried in an oven, in the open air, or in food dehydrators. They can then be rehydrated in water or a liquid of your choice, or added directly to your recipe, according to the desired texture.

- Sugar preservation:** another ancient method for preserving fruit that is used to make jams, fruit jellies, and syrups, among other preparations.

- Canning:** involves heating fruit compotes or fruits in syrup to between 230°F–250°F (110°C–120°C) to kill harmful microbes and then sealing them in an airtight steel container. The intensive heat treatment can result in fruits losing color, flavor, nutrients, and texture.

- Freezing (0°F/–18°C):** to ensure minimal browning, first blanch fruits in boiling water, cool them quickly, and then freeze in airtight containers or bags. Alternatively, toss them in sugar or lemon juice before freezing to slow the browning process, which does not alter the flavor. Freezing affects the texture of fruits, which are often mushy and tend to lose juice after defrosting.





## Fruit and Nut Seasons around the World

This table provides general guidelines as to the standard harvesting seasons of the fruits and nuts listed. However, the exact range depends on the latitude and climate where you live, as well as other factors. In many cases, there may be early or late varieties available. Although many fruits are available fresh year-round in

supermarkets, outside their local cultivation season they are likely to have been transported from other parts of the world. Those harvested at peak ripeness and sold close to where they are grown yield superior nutrients and flavor. Whenever possible, let local farmers' markets be your guide.

### SPRING

- Apples
- Apricots
- Bananas
- Blueberries
- Cape gooseberries
- Cherries
- Coconuts
- Dates
- Guavas
- Kiwifruits
- Lemons
- Limes
- Lychees
- Mandarin oranges
- Mangos
- Melons
- Nectarines
- Oranges
- Papayas
- Passion fruit
- Peaches
- Pears
- Pineapple
- Pistachios
- Plums
- Rhubarb
- Star fruit (carambola)
- Strawberries

### SUMMER

- Almonds
- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Black currants
- Blueberries
- Cape gooseberries
- Cherries
- Coconuts
- Dates
- Figs
- Fraises des Bois
- Grapefruit
- Grapes
- Hazelnuts
- Lemons
- Limes
- Lingonberries
- Lychees
- Mangos
- Mangosteens
- Melons
- Mirabelle plums
- Nectarines
- Oranges
- Papayas
- Passion fruit
- Peaches
- Peanuts
- Pears
- Pineapple
- Pine nuts
- Pistachios
- Plums
- Raspberries
- Red currants
- Rhubarb
- Star fruit (carambola)
- Strawberries
- Watermelons

## FALL

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- Almonds
- Apples
- Avocados
- Bananas
- Blackberries
- Blood oranges
- Blueberries
- Cape gooseberries
- Chestnuts
- Clementines
- Citrons
- Coconuts
- Dates
- Figs
- Grapefruit
- Grapes
- Hazelnuts
- Kiwifruits
- Kumquats
- Lemons
- Limes
- Lingonberries
- Lychees
- Mandarin oranges
- Mangos
- Mangosteens
- Medlars
- Melons
- Mirabelle plums
- Nectarines
- Oranges
- Papayas
- Passion fruit
- Peaches
- Pears
- Persimmons (kakis)
- Plums
- Pomegranates
- Prickly pear (Barbary figs)
- Pumpkins
- Quinces
- Raspberries
- Rhubarb
- Star fruit (carambola)
- Strawberries
- Walnuts
- Watermelons

## WINTER

---

- Apples
- Avocados
- Bananas
- Blood oranges
- Chestnuts
- Clementines
- Coconuts
- Dates
- Grapefruit
- Guavas
- Kiwifruits
- Kumquats
- Lemons
- Limes
- Lychees
- Mandarin oranges
- Medlars
- Oranges
- Papayas
- Passion fruit
- Peanuts
- Pears
- Persimmons (kakis)
- Pine nuts
- Plums
- Pomegranates
- Prickly pear (Barbary figs)
- Quinces
- Rhubarb
- Star fruit (carambola)
- Strawberries
- Walnuts



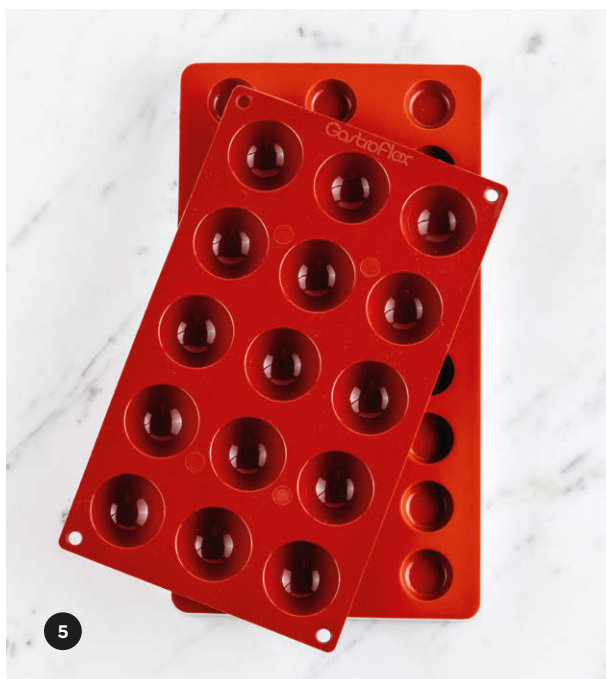






**EQUIPMENT**

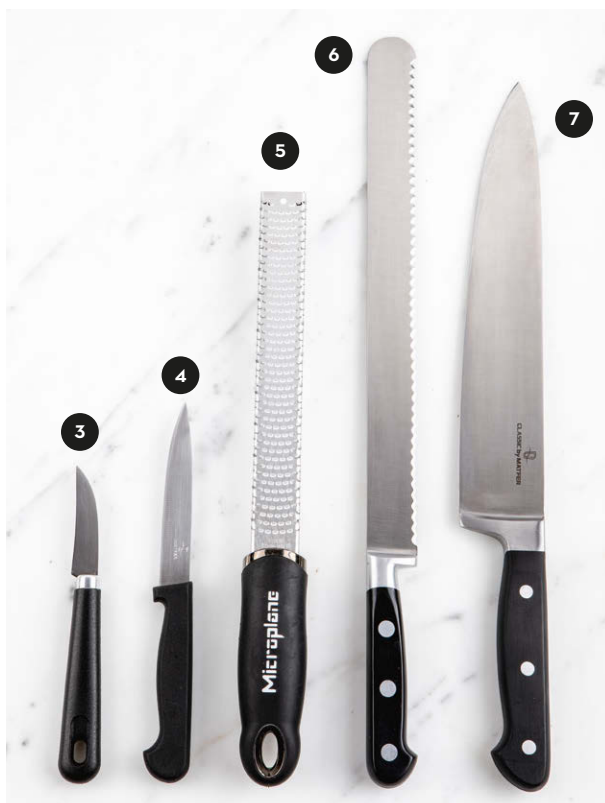
# UTENSILS



1. Cake, pastry, and confectionery rings and frames
2. Candissoire (candy sifter)
3. Stainless steel cooling rack
4. Piston funnel
5. Flexible silicone molds



1. Ice cream scoop
2. Chocolate dipping fork
3. Grapefruit knife
4. Melon baller
5. Peeler
6. Zester with a channel knife
7. Apple corer



- |                                     |                                   |  |
|-------------------------------------|-----------------------------------|--|
| 1. Refractometer                    | 7. Chef's knife                   | 13. Whisk                                  |
| 2. Digital instant-read thermometer | 8. Palette knife                  | 14. Skimmer                                |
| 3. Bird's beak paring knife         | 9. Scraper                        | 15. Fine-mesh sieve or strainer            |
| 4. Paring knife                     | 10. Offset spatula                | 16. China cap or conical sieve or strainer |
| 5. Microplane grater                | 11. Flexible spatula              |  |
| 6. Serrated knife                   | 12. Exoglass or heatproof spatula |  |





## ELECTRICAL APPLIANCES

1. Immersion blender
2. Stand mixer  
Stand mixer attachments: paddle beater (A),  
whisk (B), and dough hook (C)
3. Food processor







TECHNIQUES







- 28 PEELING PINEAPPLES
- 30 BLANCHING ALMONDS
- 32 SKINNING HAZELNUTS
- 34 PEELING PEACHES
- 36 PEELING CHESTNUTS
- 37 REMOVING MELON SEEDS
- 38 OPENING COCONUTS
- 40 JUICING CITRUS FRUITS BY HAND
- 43 PREPARING A FRESH FRUIT COULIS
- 45 PREPARING A SORBET
- 48 PREPARING BRANDIED CHERRIES



# PREPARATION

# Peeling Pineapples

*This technique allows the pineapple “eyes” (the dark spots under the skin) to be removed while retaining the maximum amount of flesh.*

## Ingredients

Pineapple

## Equipment

Chef's knife

Paring knife



- 1 • Using kitchen scissors, snip off the smaller leaves around the base of the pineapple crown. All of the leaves can be removed, if desired.



- 2 • Using the chef's knife, cut off the base of the pineapple.



- 3 • Stand the pineapple upright and cut away the tough skin in strips, working from top to bottom and following the natural curve of the fruit.





- 4 • Use the paring knife to remove the eyes. Follow the natural diagonal pattern of the eyes, working from right to left and top to bottom.



- 5 • Insert the knife above the first diagonal row (just above an eye). Cut into the flesh at an angle and, following the line to the end, cut around the pineapple in a spiral.



- 6 • Return to the top and insert the knife just below the first eye, at an angle. Cut to the end, making a V-shaped groove. Carefully lift out the cut flesh to remove one row of eyes.



- 7 • Repeat until all the eyes have been removed.