

European Cherries



FROM TREE
TO TABLE!

Naturally Cherrylicious Recipe Book: 15 Ways to Be Cherrylicious This Season

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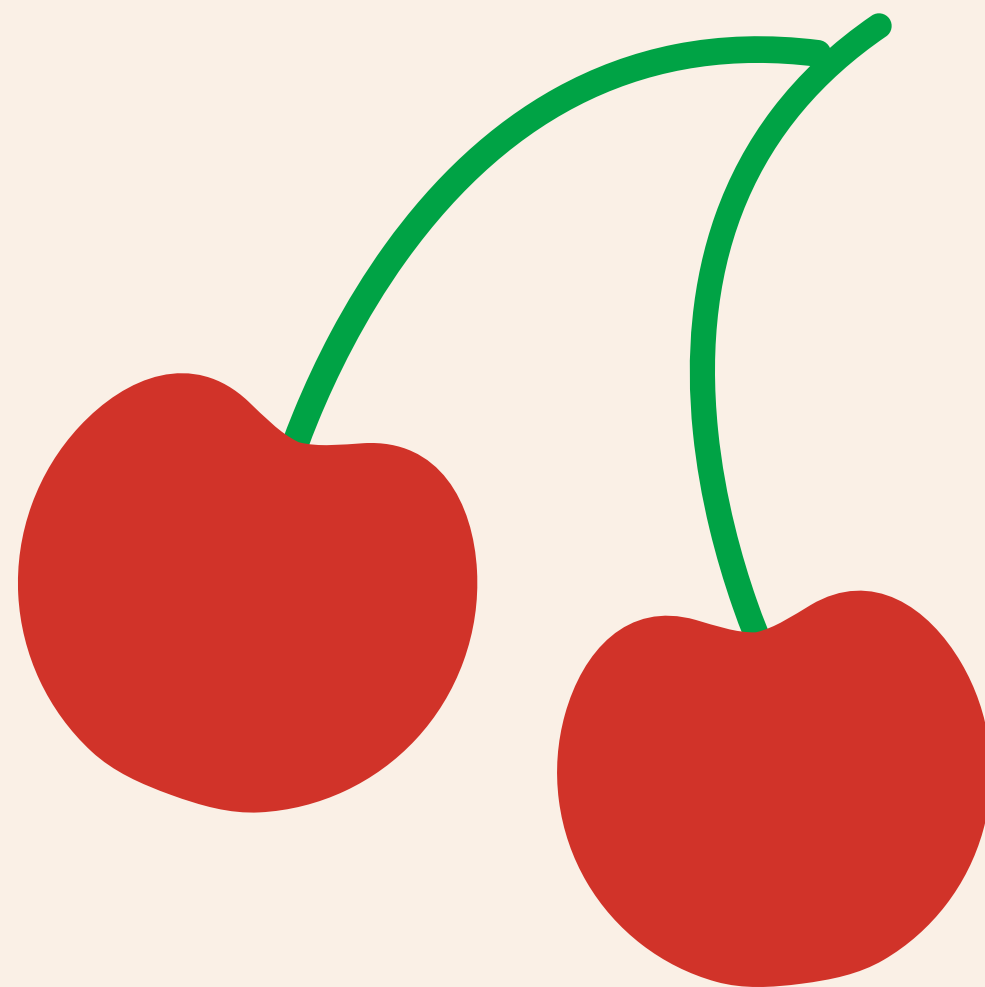


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ENJOY
IT'S FROM
EUROPE







**European
Cherries**

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European cherries bring together tradition, innovation and sustainability.

They are grown using responsible practices and technologies that ensure freshness and traceability. From hand-picking to reaching homes in under 72 hours, every step is designed so you can enjoy the very best of Europe's orchards.

But beyond that, this crop represents a living story of rural women who are leading the transformation of the agri-food sector. They strengthen communities, preserve agricultural heritage and show that the future of European farming is also being shaped by women.

European cherries are not only delicious — they are a symbol of social commitment, quality and sustainability.







Cherry Chocolate French Toast

This Cherry Chocolate French Toast makes for a deliciously indulgent breakfast or brunch – soft egg, buttery brioche, topped with delicious cherries and drizzled with chocolate – what’s not to like?



INGREDIENTS:

1 orange
100g European Picota cherries, pitted and halved
1 large egg, beaten
1 tsp caster sugar
large pinch cinnamon
2 thick slices brioche
drizzle olive oil
25g dark chocolate, melted
1 tbsp pecans, chopped
2 tsp cocoa or cacao powder

PREPARATION:

Segment the orange over a bowl to catch the juice. Toss together the orange segments, juice and cherries.

Place the beaten egg in a shallow dish and whisk in the sugar and cinnamon.

Dip the slices of brioche into the egg, letting them soak

up as much as possible.

Heat the oil in a large fry pan, add the egg brioche slices and cook for 2-3 minutes on each side, until golden.

Serve the French toast topped with the cherries and orange segments, a drizzle of chocolate, and a sprinkling of chopped pecans and cocoa or cacao powder.

serves 2



Summer Cherry Berry Smoothie

Cherries and berries are the perfect summer combination – choose your favourite berries for this delicious drink. Adding ground almonds not only adds to the flavour, it also gives the smoothie a rich thick creaminess and a boost of protein.



INGREDIENTS:

175g European Picota cherries, pitted
50g raspberries (or berries of your choice)
3 tbsp natural yoghurt
200ml milk
2 tbsp ground almonds

PREPARATION:

Place the cherries, raspberries and yoghurt into a blender and whizz until smooth.
Gradually add the milk and ground almonds and mix until you have a thick, creamy consistency.
Serve in tall glasses.

serves 2



Cherry & Lemon Muffins

The hint of almond within these light and airy muffins partners perfectly with the Picota cherries for a tasty result.



INGREDIENTS:

200g self-raising flour
1/2 tsp baking powder
100g caster sugar
100g ground almonds
grated rind of 1 lemon
juice of 1/2 lemon
225ml milk
4 tbsp sunflower oil
2 eggs
175g European Picota cherries,
pitted and cut into quarters
25g flaked almonds

PREPARATION:

Preheat the oven to 200°C, 180°C fan, Gas mark 6. Line a 12-hole muffin tin with paper cases.

Place the flour, baking powder, sugar, almonds and lemon rind in a large bowl and mix together.

In a measuring jug, whisk together the lemon juice, milk, oil and eggs.

Pour the wet ingredients into the dry and mix very gently – do not over mix.

Gently stir in the cherries.

Spoon the mixture into the paper cases and sprinkle with the flaked almonds.

Bake for 20–22 minutes, until lightly golden and springy to the touch.

Remove from the tin to cool on a rack.

makes 12



Nutty Cherry Bites

These cherry and pecan nut bars are great for a picnic or for an easy mid-morning snack.



INGREDIENTS:

75g coconut oil
40g molasses (or treacle)
40g Golden Syrup
35g light muscovado sugar
240g rolled oats
125g European Picota cherries, pitted and chopped
80g pecan nuts, halved

makes 12

PREPARATION:

Preheat the oven to 200°C, 180°C fan, Gas mark 6. Line a 20 cm x 20 cm square tin with baking paper.

Place the coconut oil, molasses, golden syrup and sugar in to a pan and gently heat, stirring occasionally, until everything is melted and combined.

Take off the heat and pour in the remaining ingredients and mix together really well, to ensure everything is coated with the syrup.

Pour into the prepared tin and level the top with the back of a spoon.

Bake for 20 minutes, until lightly golden on top.

Remove from the oven and leave to cool for 5 minutes before scoring into 12 bars with a sharp knife. Leave to cool completely in the tin.

Remove from the tin and store in an air-tight container for up to 5 days.

Note: these bars can also be frozen in a freezer-proof container or freezer bag for up to 2 months.

Rural women – at the heart of European cherry production

In many cherry-growing regions across Europe, rural women are the ones keeping this crop alive. Their role, once invisible, has become essential: they lead cooperatives, manage family farms and implement new sustainable solutions.

Their work ensures not only the quality of the product but also social cohesion, equality and the transmission of essential agricultural knowledge.



Cherry & Almond Tart

A very traditional tart, but as cherries and almonds are so perfectly matched, why change anything?



INGREDIENTS:

For the pastry

90g unsalted butter, chilled and cut into cubes

175g plain flour

50g icing sugar

1 medium egg yolk

1 tbsp water

For the filling

175g unsalted butter, softened

175g caster sugar

175g ground almonds

2 eggs, beaten

400g European Picota cherries, pitted

serves 8-10

PREPARATION:

To make the pastry, rub the butter into the flour until the mixture resembles breadcrumbs.

Stir in the icing sugar followed by the egg and water and mix until the pastry comes together. Wrap in cling film and chill in the fridge for at least 1 hour.

Preheat the oven to 200°C, 180°C fan, Gas mark 6.

Roll out the pastry to line a 23cm fluted flan tin. Prick the base with a fork then line with greaseproof paper and baking beans.

Bake for 10 minutes, then remove the paper and baking beans and bake for a further 5 minutes.

For the filling, cream together the butter and sugar until light and fluffy, then beat in the ground almonds and eggs.

Arrange half of the cherries in the pastry case then pour over the almond batter before gently pushing in the remaining cherries.

Bake for 1 hour 15 minutes, until golden.

Serve warm or cold, dusted with icing sugar.

TIP

If the thought of pastry-making scares you, shop-bought sweet shortcrust works perfectly well in this recipe.



Blue Cheese Toast with Cherry Salsa

This sweet and fruity salsa matches perfectly with the tangy rich blue cheese to create a delicious lunch or snack. It provides a lighter alternative to an overly sweet chutney, adding a fresh twist to this tasty recipe.



INGREDIENTS:

150g European Picota cherries, pitted
1 spring onion, trimmed and finely diced
1/4 cucumber, diced
1 tbsp chopped parsley
juice of 1/2 lime
4 slices sourdough or walnut bread
175g blue cheese

serves 4

PREPARATION:

To make the salsa, combine the cherries, spring onion, cucumber, parsley and lime juice in a bowl and mix together. Leave to stand to allow the flavours to mingle.

Toast the bread on one side. Turn over and top with blue cheese before toasting again until the cheese is bubbling.

Serve the blue toasts with a large spoonful of salsa on the side.



Cherry & Thyme Focaccia

Focaccia is a beautifully moist and soft bread. This recipe is topped with juicy cherries and thyme which is great for serving with soft goat's cheese or just dunked in extra virgin olive oil.



INGREDIENTS:

500g strong white bread flour
2 tsp salt
1 x 7g sachet dried yeast
6 tbsp extra virgin olive oil
175g European Picota cherries, pitted and halved
few sprigs of thyme
1 tbsp caster sugar

serves 8-10

PREPARATION:

In a large bowl, mix together the flour, salt and yeast, then make a well in the centre.

Pour in 280ml water and 3 tbsp of the olive oil, and mix together until you have a soft but not sticky dough.

Turn the dough out onto a floured work surface and knead for 8-10 minutes, until the dough is smooth.

Return the dough to a lightly greased bowl, turning it over so it is lightly coated in oil. Cover with a damp cloth and leave to rise for 2 hours, until doubled in size.

Knock the dough back by hitting it in the middle, then turn out onto a floured surface and roll to a rectangle to fit a 25cm x 35cm roasting tin.

Place the dough in the tin, cover with a damp cloth and leave to rise for 45-50 minutes, until nearly doubled in size again.

Press dimples into the dough using your fingertips. Scatter the cherries over the loaf, pressing some into the dimples made. Cover and leave to rise for another hour.

Preheat the oven to 220°C, 200°C fan, Gas mark 7.

Sprinkle of the remaining olive oil, thyme sprigs and sugar. Bake for 20-25 minutes, until the loaf is golden.



Cherry Sangria

A twist on a classic Spanish drink – perfect for a hot summer picnic.



INGREDIENTS:

1/2 bottle red wine
100ml cherry juice
400ml sparkling grape juice
175g European Picota cherries, pitted
1 orange, sliced
ice cubes

serves 4

PREPARATION:

In a large jug, mix together the wine, cherry juice and grape juice.

Stir in the cherries and orange slices and serve in ice filled glasses.



Cherry Nectarine & Pistachio Pavlova

A real summer favourite, this pudding is made a little healthier by substituting the cream with thick Greek yoghurt.



INGREDIENTS:

4 egg whites
185g caster sugar
225g Greek yoghurt
2 nectarines, stoned and cut into slices
200g European Picota cherries, pitted
30g pistachios, roughly chopped

serves 6-8

PREPARATION:

Preheat the oven to 140°C, 120°C fan, Gas mark 1. Line a large baking sheet with greaseproof paper.

Place the egg whites into a large clean bowl and whisk until they form soft peaks and you can turn the bowl upside down without them sliding out (it's also important not to over whisk).

Whisk in the sugar, a tablespoon at a time, making sure to whisk after each addition until all the sugar is in.

Using a metal spoon, spoon the meringue onto the prepared baking sheet, forming a circle of roughly 20 cm. Make a small depression in the middle and use the tip of a knife to make little peaks around the dip.

Bake in the oven for 1 hour and 15 minutes then switch off the oven and leave the pavlova inside while the oven cools, for as long as possible (overnight is perfect).

When you are ready to serve, peel the pavlova off of the paper and place on a serving plate. Top with the yoghurt, then scatter over the fruit and pistachios and serve.



From Europe's orchards to your table – quality, freshness and innovation

European cherries are the result of a production system that combines traditional techniques with innovation. They are hand-picked at their optimal point, carefully cooled to preserve all their freshness and, in just 72 hours, can be on your table.

This entire process is part of a sustainable value chain that protects the environment, promotes good agricultural practices and guarantees quality from orchard to home.





Cherry Chocolate Fudge Torte

Rich chocolate with bursts of fruitiness, a perfect afternoon treat.



INGREDIENTS:

300g European Picota cherries, pitted and halved
1 tbsp Amaretto liquor or cherry brandy
100g unsalted butter
125g dark chocolate, roughly chopped
75g light muscovado sugar
25g plain flour
50g ground almonds
3 eggs, separated
icing sugar to serve

serves 6-8

PREPARATION:

Preheat the oven to 150°C, 130°C fan, Gas mark 2. Lightly grease and base line a 20cm round loose-bottom tin.

Place the cherries in a shallow bowl. Pour over liquor of your choice and stir, then leave to macerate.

Place the butter, chocolate and sugar in a pan and melt over a low heat, stirring occasionally, until the sugar has dissolved and all the ingredients are combined. Pour into a bowl and leave to cool for 5 minutes.

Stir the flour, almonds and egg yolks into the chocolate mixture. Stir in half of the cherries and the liquid.

In a clean bowl, whisk the egg whites until stiff. Gently fold the egg whites into the chocolate mixture, trying not to knock the air out of them.

Pour the mixture into the prepared tin and sprinkle over the remaining cherries.

Bake for 45-50 minutes, until cooked through. Leave to cool in the tin for 15 minutes, then remove and dust with icing sugar to serve.



Cherry Ripple Ice-Cream

This creamy vanilla ice-cream comes alive with a burst of fruitiness from the cherry sauce rippling through it. A perfect summer dessert.



INGREDIENTS:

450g European Picota cherries, pitted, roughly chopped
225g caster sugar
600ml single cream
200ml milk
8 egg yolks
1/2 tsp vanilla extract
200ml double cream

Cantidad: 6- 8 Porciones

PREPARATION:

Place the cherries and 75g of the sugar in a pan and slowly cook at a simmer to bring out the juices and soften the fruit. Leave to cool for 5 minutes then blend in a food processor or with a hand blender. Leave to cool.

Place the egg yolks and remaining sugar in a large bowl and whisk together until thick and creamy.

Place the single cream and milk in a pan and heat to just below boiling. Pour into the eggs and sugar and whisk to fully combine.

Place the bowl over a pan of simmering water and stir, cooking very gently until the custard thickens slightly and coats the back of the wooden spoon – this may take 10-15 minutes.

Remove the custard from the heat and pour through a sieve before stirring in the vanilla extract and double cream. Leave to cool.

Pour the mixture into an ice-cream maker and churn until thick and frozen.

Pour into your freezer-proof container then carefully stir the cherry sauce through to give a ripple effect (do not over-mix), saving a small amount to serve with the ice-cream. Freeze for at least 4 hours, or until solid.

Note: If you don't have an ice-cream maker simply pour the custard into a freezer-proof container and freeze for 1 hour. Remove and break up the ice-crystals with a fork then return to the freezer. Repeat this for the next 3 hours, or until the ice-cream is frozen.

TIP

Save the egg whites for the delicious Pavlova recipe on page 28



Sticky Cherry Chicken Drumsticks

Sweet European Picota cherries, when combined with a few spices, makes for a great chicken marinade. The chicken can be cooked over a barbecue or under a grill, and served with a crunchy green salad (and lots of napkins for sticky fingers!)



INGREDIENTS:

400g European Picota cherries, pitted
2 tbsp white wine vinegar
4 tbsp dark muscovado sugar
pinch chilli flakes
1/2 tsp ground ginger
1/4 tsp smoked paprika
1/4 tsp ground cinnamon
1/4 tsp ground cumin
1 garlic clove, peeled and crushed
seasoning
12 chicken drumsticks

PREPARATION:

Place the cherries, wine vinegar, sugar, spices, and garlic into a small pan, and cook at a simmer, stirring occasionally, for 10-12 minutes, until the fruit has softened.

Blitz with a hand blender and season to taste.

Place the chicken drumsticks into a large shallow dish and pour over the marinade. Leave to marinate for at least 30 minutes, in the fridge.

When ready to cook, place the drumsticks onto a barbecue (reserving the marinade in the dish), or under a grill, and cook for 12-15 minutes, turning and basting with the remaining marinade, until cooked through.

Serve with a crunchy green salad.

serves 6



Cherry Chipotle Chilli

This chilli is full of beans and flavour, with a rich smokiness brought out by the chipotle chillies. If you don't have the beans used in this recipe, simply substitute with a preferred alternative for an equally great recipe. The cherries add a great sweetness that really balances this dish.



INGREDIENTS:

1 tbsp olive oil
1 large onion, peeled and chopped
1 carrot, peeled and diced
1 stalk celery, diced
1 garlic clove, peeled and diced
200g butternut squash, chopped
1/2 tsp smoked paprika
1/4 tsp chilli flakes
2 tsp chipotle chilli paste
1 x 400g can chopped tomatoes
1 x 400g kidney beans
1 x 400g can cannellini beans
50g edamame beans
175g European Picota cherries, pitted
basmati rice to serve

PREPARATION:

Heat the oil in a large pan and sauté the onion, carrot and celery for 3-4 minutes, until starting to soften.

Add the garlic and butternut squash and cook for 3-4 minutes.

Stir in the spices and chipotle paste and cook, stirring, to coat all of the vegetables for 1-2 minutes.

Stir in the chopped tomatoes and beans, cover and cook for 10-12 minutes, until the butternut squash is nearly tender.

Stir in the cherries and cook for a further 5 minutes.

Serve with cooked basmati rice.

serves 4

European cherries = sustainability in action

European cherries are born from a firm commitment to sustainability. From energy efficiency to the use of local resources, their production promotes a responsible agri-food model that respects the environment. This effort aligns with the European Union's sustainability goals, supporting a fairer, more resilient and environmentally conscious agriculture.



Cherry & Peach Crumble

There are not many fruits that don't work in a crumble, but this combination is especially delicious – the pop of flavour when you bite in to a cherry, and the soft flesh of the peaches, makes this comforting pudding irresistible.



INGREDIENTS:

700g European Picota cherries, pitted
3 peaches, pitted and cut into thick peach slices
75ml orange juice
100g oats
50g walnuts
175g plain flour
50g light brown sugar
180g coconut oil

serves 8-10

PREPARATION:

Preheat the oven to 200°C, 180°C fan, Gas mark 6.
Place the cherries and thick peach slices into a large, shallow, ovenproof dish. Pour over the orange juice.
Place the oats and walnuts into a food processor and pulse a couple of times to break them down. Add the flour, sugar and coconut oil and pulse again until the mixture resembles coarse breadcrumbs.
Spoon the crumble evenly over the fruit and bake for 25-30 minutes, until golden.
Serve with natural vegan yoghurt.



White Chocolate & Cherry Baked Cheesecake

The rich and creamy filling of this cheesecake is perfectly balanced by the fruitiness of the cherries on top.



INGREDIENTS:

for the base

225g digestive biscuits
110g unsalted butter, melted

for the filling

225g white chocolate
600g full fat cream cheese
3 large eggs, plus 2 egg yolks
175ml double cream
seeds of 1 vanilla pod

for the topping

350g European Picota
cherries, pitted
100g caster sugar
100ml water
juice of 1/2 lemon
2 tsp cornflour

serves 10

PREPARATION:

Preheat the oven to 180°C, 160°C fan, Gas mark 4.
Lightly grease and base line a 23cm spring-form cake tin.

Blitz the biscuits in a food processor then stir in the melted butter and tip into the prepared tin and press into an even layer using the back of a spoon. Chill in the fridge whilst you make the filling.

Place the white chocolate in a bowl over a pan of simmering water and slowly melt, stirring occasionally. Remove from the heat.

In another large bowl, whisk the cream cheese until loosened, then whisk in the sugar, eggs, egg yolks, cream and vanilla until smooth. Slowly pour 1/3 of the cream cheese mixture into the white chocolate, whisking until combined. Pour this mixture back into the large bowl and whisk until everything is fully combined.

Remove the tin and biscuit base from the fridge and wrap the base in foil. Pour the cheesecake mixture in and then place the tin into a roasting tin. Pour in boiling water, up to 2cm high, then bake for 1 hour 15 minutes, until the edges are set and the middle is still a little wobbly.

Leave to cool completely and then place in the fridge for 3-4 hours before removing from the tin.

To make the topping, place the cherries, sugar, water and lemon juice in a pan and cook at a gentle simmer for 4-5 minutes. Mix the cornflour with a little water then pour into the cherries, stirring constantly, until the mixture thickens.

Remove from the heat and leave to cool completely before pouring over the cheesecake.



Cerezas de Europa



**If you feel inspired
to cook any of
the recipes, share it
and tag us...
we want to see
your most Cherrylicious
creations!**

Discover more ideas and join
our community on Instagram.

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