

Delicious recipes  
prepared from

100%  
leftovers



THE BREAKFAST  
YOU ALMOST THREW AWAY

Did you know?

In our orchards, no apple goes to waste!  
Apples that fall to the ground are used  
as natural fertilizer or sent to local  
farmers for cattle feed.

Pink  
Lady®

## Pink Lady® jelly

### Preparation

- 1 Fill a saucepan with peelings and cores, add lemon juice and fill with water to the level of the peelings.
- 2 Bring to the boil, and then simmer for about 40 minutes.
- 3 Strain the juice through a strainer or sieve to remove the small pieces.
- 4 Add the same weight in sugar as the weight of the strained juice.
- 5 Mix the sugar and juice in a saucepan and bring to the boil.
- 6 Let reduce, and then cook for about 30 minutes. For a jelly texture, add 2 g of agar after cooking and cook about 3 minutes more.
- 7 Once cooled, pour the jelly into sterilized jars, as for a jam. Close and turn over until cool.

### Ingredients

Apple peels, cores, seeds  
(4-5 Pink Lady® apples)  
Water + coarse granulated sugar  
+ lemon juice + agar

### Nutrition information

In the morning, toast with apple jelly  
gives you all the energy you need until  
noon. A nice slice of toast has about  
100 calories, 5% of your daily  
allowance.

Food rescue is the trend,  
it's easy and it makes sense!

Keep your empty glass jars because,  
once sterilized, you can use them to  
make delicious Pink Lady® jelly.

To get the kids' palates ready, how  
about giving them a little blind test?  
See if they can recognise the aroma of  
vanilla or cinnamon. They'll get even  
more excited about the jelly.

Do you know Murphy's Law? It tries to explain why your toast always lands on the floor on the side with the spread. Actually, it's not bad luck, just science. The height of our tables does not unfortunately leave enough time for the falling slice of toast to make a complete rotation. If you want the toast to end up on the less messy side, the table has to be three metres high!





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INGREDIENTS FOR THE  
CONDIMENT OF YOUR DREAMS...

Did you know?

In our orchards, no apple is left out! For example, apples that are not large enough to be called Pink Lady® become PinKids®, apples for children.

Pink  
Lady®

## Pink Lady® chutney

Chutney is a condiment of Indian origin. It's made from vegetables, fruits and spices. Ideal for sweet and sour lovers and great for perking up dishes: We often associate it with high-protein food, such as chicken, duck, fish and foie gras. It gives them a flavourful and spicy taste.

As a sauce or condiment, kids love the sweet and tangy taste of chutney made with Pink Lady® apples. Guaranteed success!

### Preparation

- 1 Fill a saucepan with peelings and cores.
- 2 Add sugar and cider vinegar, and then cook covered over low heat for 15 minutes. To enjoy the sweet version, add vanilla extract, orange blossom or cinnamon after cooking.
- 3 Mix this preparation in a high-speed blender until you get a puree.

### Ingredients

Peelings and cores of 6 Pink Lady® apples  
150 g of sugar + 1.50 l of cider vinegar  
+ blender

### Have you ever heard of sugar-free cooking?

It's a culinary movement that aims to reduce or even remove industrial sugar from recipes. Adjust the amount of sugar to your taste and choose natural sugars containing less fructose, such as fruit, honey and maple and agave syrups.

To reduce waste and instil good habits into your children when they're out and about, use flexible reusable containers and fill them Pink Lady® apple sauce.



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AN APERITIF THAT WILL  
DELIGHT YOUR GUESTS

Did you know?

During harvests, apples are sorted in our packing stations. The best become Pink Lady® apples and the others are made into juice and sauces.

Pink  
Lady®

## Pink Lady® apple peel chips

### Preparation

- 1 Preheat oven to 180°C (350°F).
- 2 Rinse peelings well.
- 3 Spread the peelings over the bottom of a baking pan. Cut butter into small pieces and spread over the peelings.
- 4 Sprinkle with 2 tablespoons of brown sugar and bake for 20 minutes.
- 5 Every 5 to 6 minutes, turn the peelings over for even cooking.
- 6 After 15 minutes, check for doneness and add brown sugar if they are not browned enough.
- 7 Leave 3 minutes more and check regularly to make sure the peelings do not burn. Once they are caramelized, remove pan from oven and let cool.

### Ingredients

100 g of Pink Lady® apple peelings  
1 tablespoon of salted butter  
3 tablespoons of brown sugar  
(or granulated sugar)

**Eating 5 fruits and  
vegetables a day  
is essential!**

Do you know about micronutrients?  
Fruits and vegetables have plenty.  
They are crucial for the body, helping  
to assimilate and transform  
macronutrients, such as protein,  
carbohydrates and even fat.

Contrary to what many believe, it is not salt in general that is harmful to health. The problem is excess sodium in food and in industrial salt. To salt your chips, use unrefined, natural salt, which is rich in minerals.

Did you know that potato chips are the most widespread appetizer in the world? Where did they come from? They are attributed to George Crum, an American chef who came up with the idea unwillingly. A particularly demanding customer complained about fries that were too thick. Ticked off, Crum decided to dispense with cutting up the potatoes and instead carved them into slices as thin as he could get them. After a few minutes of frying and a pinch of salt, potato chips were born!

Apples go amazingly with some flavours. Try sprinkling your chips with a hint of cinnamon, star anise, fresh ginger or vanilla. Bon appétit!