



When you're confronted with big, juicy, fresh berries throughout berry season, it is nearly impossible not to fill your entire fridge with the sweet treat. To save you from spoiled berries you'll need to find fun new ways to use them.

3 Surprising ways to enjoy berries while they're in season

It's no secret that the very best meals combine salty and sweet for a more well-rounded flavour profile. But while we're accustomed to pairing pineapple and pear with our savoury dishes, for some reason berries often get left out. We have found three surprising ways to use your berries to make the most of this delicious season.

1. Summer berry salad

Salads with fruit are far removed from a fruit salad. Playing off complimentary flavours and interesting textures, this summer berry salad is great on its own or served as a side dish at your next summer dinner party.

Ingredients

2 slices whole-wheat bread
2 tbsp olive oil
1 romaine lettuce
1 portion rocket
40 g hazelnuts
120 g blackberries
100 g mild goat cheese

Dressing

6 tbsp sunflower oil
2 tbsp raspberry vinegar
1 tsp mustard
2 tsp chopped, mixed herbs (chives, leave parsley, basil, thyme)
Salt, a pinch of sugar, ground black pepper
A bit of organic lemon zest

Method

1. Cut the bread in small cubes and fry in a pan with two tablespoons of olive oil to become crispy croutons. Place aside.
2. Take of romaine salad leaves and rocket leaves, wash and dry in a salad drainer.
3. Fry the hazelnuts in the pan until dry and chop coarsely.
4. Wash and drip off berries.
5. Mix the dressing ingredients in a small bowl and season to your liking.
6. Gently mix salad and berries with the dressing.
7. Add pieces of goat cheese and chopped hazelnuts and garnish with herbs, bread croutons and lemon zest.

2. Berry salsa

Tomatoes are great but they shouldn't be the only thing you reach for when you want to make a salsa. This tangy berry salsa goes great with grilled chicken breast or fish.

Ingredients

- 1 cup each of blueberries and raspberries
- 1 cup strawberries, quartered (and hulled)
- 1 tablespoon lime juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1 tablespoon coriander, stems remove and finely chopped

Method

1. Combine your berries in a bowl with coriander.
2. In a separate bowl, combine liquid ingredients.
3. Pour mixture over berries and toss to combine.

3. Berry sauce

When serving meat, you'll always be happy with a red wine jus or sautéed mushroom sauce. But trust us – once you try a balsamic berry sauce you just might be converted. Not only does this taste delicious, but it looks amazing on your plate as well.

Ingredients

- ½ cup each blueberries and blackberries
- 1 tablespoon olive oil
- ¼ cup shallots, sliced
- ½ cup unsalted beef stock
- ¼ cup red wine
- 2 tablespoons balsamic vinegar
- 1 tablespoon unsalted butter
- Salt & pepper to taste
- Serve with steak and salad

Method

1. After cooking your steak and putting it aside to rest, reduce heat in your pan to low.
2. Add your shallots and thyme and sauté until soft.
3. Stir in your berries, stock, wine and vinegar, then season with salt and pepper.
4. Bring to a simmer and cook for 10 minutes, until the sauce thickens.
5. Stir through your butter and season further if needed.
6. Serve drizzled over your steak and salad.