



Rogelfrut<sup>®</sup>



**FAST FRUIT**  
**THE RECIPE BOOK**

# THE FUSION OF SAVOURY AND FRUIT

Throughout the world, fruit has been a staple in culinary tradition, from the Far East to Latin America.

Crossing the boundary between sweet and savoury is a matter of curiosity. Fruit dramatically expands the possibilities for experimenting with new combinations that surprise the palate and provide unexpected freshness.

Fruit has always been an enhancement to dishes: in Italy, from ancient Rome, we have inherited dishes with melon, plums with pork, raisins, pears, and loquats with fish. In the Middle Ages, it was the magical touch in noble kitchens and added flavour to the dishes of the less affluent. In the Renaissance, when modern cuisine took shape, fruit was almost always present in preparations from the start to the end of a meal.

Fruit remains an excellent resource for contemporary cooking, offering a mosaic of regional recipes that make the most of each characteristic.

Rogelfrut shares a series of simple yet impactful ideas in this recipe book dedicated to fast food, particularly suited to those dedicated daily to creating quick and intelligent cuisine.

In short, if you want to complete a culinary preparation and add a touch of freshness, acidity, colour, or sweetness, there is a fruit for every need.



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# SALADS



# AVOCADO TOAST

Preparation time: 15 minutes

Servings: 2 people

2	Slices of bread
500 g	<a href="#">Rogelfrut Cubed Avocado</a>
2	Poached Eggs
200 g	Spinach
40 g	Salmon
2	Tomato slices
	Onion, as needed
	Salt, pepper, sweet paprika, to taste

- ▶ Toast the bread slices as desired.
- ▶ Mash the Rogelfrut avocado in a container and spread it on the toast.
- ▶ Season with salt, pepper, and paprika.
- ▶ Top with the poached egg, salmon, spinach, and tomato slices or other toppings of your choice.



Avocado Toast is a delightful single dish: an open toasted sandwich filled with avocado puree, accompanied by eggs, prawns, salmon, spinach, and tomato. The filling transforms a basic dish into countless variations according to your needs.



Never blend the avocado, but mash it with a fork, making it soft and creamy. If necessary, to prevent oxidation, add some [Rogelfrut lime juice](#).



# POKE BOWL

Preparation time: 20 minutes  
Servings: 2 people

- 250 g Basmati or jasmine rice
- 200 g Fresh cubed salmon
- 250 g Rogelfrut Cubed Avocado
- 250 g Rogelfrut Cubed Totapouri Mango
- 150 g Rogelfrut Pineapple Tidbits
- Extra virgin olive oil, as needed
- Salt and sweet paprika, to taste
- Rogelfrut Mandarin or Lime Juice, to taste
- Mixed seeds, as needed

- ▶ Cook the rice in plenty of salted water. Once cooked (after 10-12 minutes), drain and rinse under cold running water.
- ▶ Cube the salmon.
- ▶ Thaw the cubed avocado, cubed mango, and pineapple tidbits.
- ▶ Prepare the lining with the other ingredients and start assembling your bowl.
- ▶ Begin by adding the rice to the bowl, seasoned with a bit of salt and a vinaigrette of oil, vinegar, mandarin or lime juice, and sweet paprika.
- ▶ Neatly arrange all the other ingredients, creating contrasts of colour and texture.
- ▶ Finish by seasoning the top ingredients with a pinch of salt, a drizzle of oil, and Rogelfrut mandarin or lime juice.



Poke (pronounced Poh-kay and literally meaning 'cut into pieces') is a traditional Hawaiian dish made of rice, vegetables, fruit, and fish, served as an appetiser or main course with a handful of mixed seeds, ready to be brought to the table.





# CUBAN SALAD

Preparation time: 15 minutes

Servings: 2 people

150 g	Iceberg lettuce
100 g	Rogelfrut Cubed Avocado
100 g	Rogelfrut Pineapple Tidbits
1	Celery stalk
1	Cucumber
1	Red onion
	Salt, oil and vinegar, to taste
	Rogelfrut Lime Juice, to taste
	Mixed seeds, as needed

- ▶ Wash the Iceberg lettuce and cut it into pieces.
- ▶ Thaw the [Rogelfrut avocado and pineapple](#).
- ▶ Wash the cucumber and slice it thinly.
- ▶ Briefly blanch the celery and chop it into small pieces (3 min in boiling water).
- ▶ Drain the celery and place it in a bowl with ice and water.
- ▶ Peel the onion and chop it finely.
- ▶ Assemble the ingredients, using the lettuce as the base.
- ▶ Dress with a drizzle of oil, vinegar, salt, and [Rogelfrut lime juice](#).
- ▶ Garnish with mixed seeds as desired.



For a more intense and golden touch, grill the [Rogelfrut pineapple](#) or pan-fry it. An unusual recipe for a tasty side dish made of vegetables and fruit.

# ORANGE, WILD BERRY, FENNEL, and PECORINO SALAD

Preparation time: 20 minutes

Servings: 2 people

250 g Fennel

300 g Rogelfrut Blonde Orange Pieces

200 g Rogelfrut Wild Berries

40 g Grated pecorino cheese

Primo Fiore Lemon Juice, to taste

Blonde Orange Juice, to taste

Mustard, to taste

Extra virgin olive oil, as needed

Salt and pepper, to taste

- ▶ Thinly slice the fennel with a slicer.
- ▶ Place it in a bowl with the orange and Rogelfrut wild berries.
- ▶ In a separate bowl, prepare the dressing. Mix the lemon juice and Rogelfrut orange juice with mustard, salt, and pepper. Gradually add the oil, stirring to combine the ingredients and create an emulsion.
- ▶ Dress the salad and arrange it in individual serving bowls.
- ▶ Make Pecorino discs: grate onto a baking tray lined with parchment paper. Bake at 160 °C for about 2 minutes to create wafers.
- ▶ Leave to cool and place on the bowls as a garnish.



The Rogelfrut fennel, wild berry, and orange salad with Pecorino wafers can be served both as an appetiser and as a summer side dish. It's a dish that fits well into festive menus at any time of the day.



Optionally, use Rogelfrut raspberry or mixed berry coulis as a garnish.





# CAPRESE SALAD with a TWIST

Preparation time: 10 minutes

Servings: 2 people

100 g Rogelfrut Yellow Peach Slices

50 g Rogelfrut Whole Green Figs

50 g Rogelfrut Blackberries

4 g Cherry tomatoes

1 Beefsteak tomato

1/2 Yellow bell pepper

200 g Mixed salad greens

150 g Buffalo mozzarella

Rogelfrut Primo Fiore Lemon Juice, to taste

Extra virgin olive oil, as needed

Fresh basil leaves, to taste

Salt, as needed

- ▶ Thaw the fruit for 24 hours in the refrigerator at +4°C and drain if necessary.
- ▶ Arrange sliced beefsteak tomatoes, halved cherry tomatoes, peach slices, and halved Rogelfrut green figs on a serving platter.
- ▶ Place the buffalo mozzarella in the centre of the serving dish.
- ▶ Prepare a dressing of oil, salt, and lemon juice, and dress the salad.



The caprese salad with a twist is perfectly suited for any season, satisfying the craving for a simple, light dish. Ideal for sharing.



The Caprese Salad with a Twist can be further enhanced with Rogelfrut pitted sour cherries.

## MEAT AND CURED MEATS



# MOROCCAN MEATBALLS in POMEGRANATE SAUCE

Preparation time: 50 minutes

Servings: 4 people

## MEATBALLS

1	Chopped shallot (keep 1/3 for the glaze)
500 g	Ground lamb or beef or a combination of both
4-5	Large garlic cloves, chopped or crushed
2	Eggs
	Chopped herbs – parsley, mint, or coriander or a mix of the three
1	Tablespoon ground cumin
1	Tablespoon ground coriander
1	Tablespoon ground cinnamon

Salt and freshly ground pepper, to taste

Breadcrumbs

## POMEGRANATE GLAZE

1/3	Chopped shallot
	Rogelfrut Pomegranate Juice, to taste
1	Tablespoon honey
	Balsamic Vinegar, as needed
	Salt and freshly ground pepper, to taste

## GARNISH

Rogelfrut Pomegranate Seeds, as needed

Fresh herbs (coriander, parsley, or mint)

- ▶ Prepare the pomegranate glaze. In a small frying pan, sauté the shallot in a drizzle of olive oil over medium heat for 3 minutes or until tender.
- ▶ Add the Rogelfrut pomegranate juice, a pinch of salt and pepper, honey, and balsamic vinegar. Bring to a boil, then reduce the heat and simmer uncovered for 15-20 minutes or until reduced to ½ cup. Turn off the heat.
- ▶ Meanwhile, prepare the meatballs by mixing the ingredients and adding enough breadcrumbs to make forming the balls easy (about 12-15). Heat olive oil over medium heat in a large frying pan to cook the meatballs. Brown the meatballs. Once golden, reduce the heat to low, cover, and cook for a few minutes.
- ▶ Place in a baking dish, pour over the glaze, keep warm until serving, or store in the refrigerator and reheat.
- ▶ Garnish with Rogelfrut pomegranate seeds and aromatic herbs.



Moroccan Meatballs in Pomegranate Sauce can be served as a tasty appetiser or main course; in both cases, this dish allows for a delightful combination of flavours.



Rogelfrut pomegranate juice may deteriorate when using a cast iron or aluminium pan, so it is advisable to use a stainless steel or enameled pan.



# HAWAIIAN BURGER

Preparation time: 20 minutes

Servings: 4 people

4	Hamburgers (200 g each)
4	Slices of cheddar or provolone cheese
2	Tablespoons teriyaki sauce
1	Tablespoon honey
300 g	<b>Rogelfrut Pineapple Tidbits</b>
1	Red bell pepper, deseeded and sliced into rings
4	Lettuce leaves
1/2	Whole red onion, thinly sliced
	Cayenne pepper, to taste

- ▶ Mix the mayonnaise, teriyaki sauce, honey, and cayenne pepper for the sauce.
- ▶ Sauté the **Rogelfrut pineapple** and bell pepper over medium-high heat for a few minutes.
- ▶ Cook the hamburgers over medium heat for 4-5 minutes, adding the cheese during cooking.
- ▶ Heat and butter the griddle, toast the bread.
- ▶ Spread the bread with the sauce, lay the lettuce, place the hamburgers, and garnish with **Rogelfrut pineapple**, bell pepper, onion, and more sauce, as needed.
- ▶ Wrap the burger in the appropriate paper and skewer it with a stick.



Serve with extra sauce and chips on the side.  
To mellow the onion, simply leave the sliced onion in sparkling water.





# BERRY TAGLIATA

Preparation time: 12 minutes

Servings: 1 person

400 g Sliced steak

100 g [Rogelfrut Berry Purée](#)

100 g [Rogelfrut Four Fruit Salad](#)

Butter, as needed

Oil, as needed

- ▶ Cook the meat for about 3 minutes per side.
- ▶ Sauté the fruit salad with the [Rogelfrut berry puree](#) and reduce to your liking.
- ▶ Slice and plate the steak, glazing it with the berry sauce.





# FIGS, RICOTTA AND PARMAMA

Preparation time: 10 minutes  
Servings: 5 people

5	Whole Green Rogelfrut Figs
80 g	Parma ham
150 g	Ricotta
1	Teaspoon of Millefiori honey
	Lemon zest, to taste
	<a href="#">Rogelfrut Primo Fiore Lemon Juice</a>
	A handful of <a href="#">Rogelfrut Hazelnut Grains</a>



- ▶ Cut the still-frozen [Rogelfrut figs](#) transversely to form a cross. Make a shallow cut so that the segments still adhere.
- ▶ Place the ricotta in a bowl and mix it with the Millefiori honey, [Rogelfrut Primo Fiore lemon juice](#), and lemon zest.
- ▶ Stuff the [Rogelfrut fig](#) with the ricotta and slices of Parma ham.
- ▶ Sprinkle with the lemon zest and [Rogelfrut hazelnut grains](#).
- ▶ Bake the [Rogelfrut figs](#) in the oven for 5 minutes and serve.

**FISH**



# SALMON, AVOCADO AND MANGO TARTARE WITH PRAWNS

Preparation time: 15 minutes

Servings: 2 people

150 g Rogelfrut Cubed Mango  
150 g Rogelfrut Cubed Avocado  
150 g Fresh salmon  
2 Prawns  
Extra virgin olive oil, as needed  
Parsley, garlic and balsamic vinegar, to taste  
Rogelfrut Lime Juice, as needed  
Brandy, as needed

- ▶ Cube the salmon. Mix with the [Rogelfrut cubed mango and avocado](#).
- ▶ Season with oil, balsamic vinegar, and salt.
- ▶ Fill a ring mould with the mixture and unmould it.
- ▶ Sauté the prawns in extra virgin olive oil and garlic, then deglaze with brandy. Place them on the unmoulded tartare and garnish with parsley, oil, and [Rogelfrut lime juice](#).

# YELLOWTAIL TARTARE WITH LIME AND PASSION FRUIT

Preparation time: 15 minutes

Servings: 1 person

100 g Yellowtail fillets  
20 g Rogelfrut Passion Fruit with Seeds  
Extra virgin olive oil, as needed  
Rogelfrut Lime Juice  
Salt and pepper, to taste  
Red chilli pepper, to  
Parsley and thyme, to taste

- ▶ Dice the yellowtail and season with lime juice, salt, pepper, and red chilli pepper.
- ▶ Prepare the dressing by mixing [Rogelfrut lime juice and Rogelfrut passion fruit pulp](#) with the extra virgin olive oil.
- ▶ Unmould the tartare with the help of a square ring mould, add the dressing, and garnish with parsley and thyme leaves.



# PRAWN TARTARE WITH AVOCADO AND YUZU

Preparation time: 15 minutes

Servings: 1 person

50 g Rogelfrut Cubed Avocado

100 g Prawns

Mango carpaccio

Salt, to taste

Extra virgin olive oil, as needed

Rogelfrut Yuzu Juice, to taste

- ▶ Clean the prawns, keeping the tail intact.
- ▶ Season with olive oil, Rogelfrut yuzu juice, salt, and pepper.
- ▶ Arrange the mango carpaccio on a plate.
- ▶ Fill a ring mould with the mixture and unmould it.
- ▶ Lay the prawns on the unmoulded tartare and garnish with Rogelfrut avocado.



# CHEESE



# COTTAGE CHEESE TOASTIE

Preparation time: 25 minutes

Servings: 2 people

2	Slices of bread
400 g	Cottage cheese
200 g	Rogelfrut Sliced Peaches
150 g	Whole Rogelfrut Raspberries
	Whole Toasted Rogelfrut Hazelnuts
	Millefiori honey, as needed
	Salt, to taste
	Extra virgin olive oil, as needed

- ▶ Toast the bread.
- ▶ Whip the cottage cheese with extra virgin olive oil, salt, and chopped rosemary or other herbs of your choice.
- ▶ Sauté the Rogelfrut peaches in honey.
- ▶ Spread the cheese on the toast and garnish with the caramelized Rogelfrut peaches, raspberries, and whole toasted Rogelfrut hazelnuts.

# CARAMELISED CHESTNUTS and CAMEMBERT

Preparation time: 15 minutes

Servings: 4 people

500 g	Rogelfrut Peeled Whole Chestnuts
1	Camembert cheese wheel
	Millefiori honey, as needed
	Sugar, to taste
	Brandy, to taste

- ▶ Slice the Camembert cheese as soon as it's removed from the fridge.
- ▶ Sauté the Rogelfrut chestnuts with sugar and honey, then deglaze at the end of cooking with brandy.
- ▶ Assemble by alternating a layer of cheese with a layer of chestnuts.



# BAKED BRIE with RASPBERRIES and CAMELISED HAZELNUTS

Preparation time: 15 +15 minutes cooking time

Servings: 4 people

100 g Rogelfrut Caramelised Hazelnut Grains

1 Wheel of Brie

100 g Brown sugar

100 g Honey

400 g Frozen Whole Rogelfrut Raspberries

Toasted bread

- ▶ Preheat the oven to 180 °C. Line a baking tray with parchment paper.
- ▶ Place the Brie in a rimmed baking dish and sprinkle the top of the Brie with brown sugar.
- ▶ In a pan, melt the honey with balsamic vinegar and let the sauce cool.
- ▶ Bake the Brie for 12-14 minutes until it begins to melt. Remove the cheese from the oven and allow to cool for 5 minutes.
- ▶ Before serving, glaze with the honey sauce, sprinkle over the caramelised hazelnuts, arrange the raspberries, and complete with toasted bread.





# INDIVIDUAL CAPRESE with MELON and PINEAPPLE

Preparation time: 20 minutes

Servings: 2 people

- 3 Balls of fresh burrata cheese
- 10 g Rogelfrut Cantaloupe Melon Pieces
- 10 g Rogelfrut Pineapple Tidbits
- 40 g Parma ham
- 12 Cherry tomatoes
- Fresh basil leaves, to taste
- Fresh mint leaves, to taste

## For the Herb Vinaigrette

- 2 Tablespoons of Millefiori honey
- Rogelfrut Primo Fiore Lemon Juice, to taste
- Balsamic vinegar, to taste
- Celery, as needed
- fresh basil, to taste
- Toasted pine nuts, as needed
- Extra virgin olive oil, as needed
- Salt, as needed

- ▶ Blend the burrata and fill the bottom of a glass.
- ▶ Layer the Rogelfrut melon and pineapple on the burrata cream with basil and mint.
- ▶ Finish with the Parma ham.
- ▶ Before serving, drizzle with the vinaigrette (prepared by emulsifying all ingredients in a blender).

# BRIE and BLACK CHERRY CROSTINI

Preparation time: 10 minutes

Servings: 8 people

8	Slices of bread
380 g	Rogelfrut Pitted Whole Black Cherries
	Mint leaves
	Rogelfrut Blood Orange Juice, to taste
	Extra virgin olive oil, as needed
	Salt and pepper, to taste

- ▶ Butter the bread slices and toast in the oven or on a griddle.
- ▶ Cut the Brie and place it on the warm bread.
- ▶ Sauté the Rogelfrut black cherries with the Rogelfrut blood orange juice.
- ▶ Garnish the crostini with mint leaves.

# SAVOURY FIG, APPLE and HAZELNUT CHEESECAKE

Preparation time: 30 minutes

Servings: 8 people

250 g	Taralli (Italian Crackers)
200 g	Butter
200 g	Cream or cheese
200 g	Cream or cheesecake Mix
100 g	Parmesan cheese
50 g	Rogelfrut Whole Toasted Hazelnuts
	90% Rogelfrut Apple Filling
	Lemon zest, to taste
	Salt, pepper, and oil, to taste
	Honey

- ▶ Blend the taralli until they turn into fine crumbs.
- ▶ Mix the melted butter into the taralli crumbs with a spatula.
- ▶ Transfer the mixture into moulds and press down to form the base.
- ▶ Leave to rest in fridge for 30 minutes.
- ▶ In a stand mixer, combine the cream cheese, cream or cheesecake mix, salt, pepper, oil, and whip.
- ▶ Transfer the cream into a piping bag and fill the individual portions.
- ▶ Leave to rest in fridge for another 30 minutes.
- ▶ Top with Rogelfrut apple filling, Rogelfrut hazelnut pieces, and honey.
- ▶ Garnish with lemon zest.





**Rogelfrut**<sup>®</sup>

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