



Vegan Fruit Mince

Recipe by Kirsten Bacon, The Kingborough Cook



1 batch



1 hour cooking, 12-24 hours resting

INGREDIENTS

- 350 g raisins
- 250 g sultanas
- 150 g currants
- 175 g mixed candied peel
- 100 g dried cherries
- 150 g coconut oil
- 350 g dark brown sugar
- 400 g cooking apples
- 1 orange zest & juice
- 1 orange juice only
- 1 lemon zest & juice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 1 tablespoon good organic dark cocoa
- ¼ ground cloves
- ¼ ground allspice
- 4 tablespoon brandy
- 2 tablespoon cherry brandy

NOTES

To me, the quintessential fruit mince is made with suet—it has a richness that feels right for the holiday season. However, as times change, it's important to have options for everyone, and a good vegan fruit mince can be a delightful alternative.

DIRECTIONS

1. Chop all fruit so it is a similar size to the currants.
2. Zest one orange & the lemon then extract the juice from both oranges and the lemon.
3. Weigh off the spices, sugar and coconut oil and Peel & core the apple, then coarsely grate it.
4. Put everything, except the alcohol into a large bowl and mix the ingredients together using your hands (far easier than using a spoon due to the quantity of ingredients involved).
5. Cover the bowl loosely with foil and leave for at least 12 hours (and up to 24 hours) for the fruit to soak up the juice and flavours. When ready to cook, give everything a quick stir and place mixture into an ovenproof dish. Cover with foil and bake for 3 hours at 110°.
6. Remove from the oven and give the fruit mince a good stir. Let it go cold at room temperature (don't put it in the fridge) stirring at regular intervals. This will prevent lumps of fat forming. Stir every 30 minutes to begin with and then every 10 minutes as it approaches being cold. Once cold the mincemeat may look cloudy. This is normal and, once baked into pies, this cloudiness disappears.
7. When the mincemeat is cold, stir through the alcohol and spoon into sterilised jars, pushing down firmly to remove any pockets of air. Seal, label and store for up to a year.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





Best ever Traditional Fruit Mince



1 batch



1 hour

Recipe by Kirsten Bacon, The Kingborough Cook

INGREDIENTS

- 250g raisins
- 375g currants
- 100ml brandy
- zest of 1 lemon, juice of $\frac{1}{2}$
- 200g grated suet or salted butter
- 250g dark brown sugar
- 85g chopped mixed peel
- $\frac{1}{2}$ small nutmeg, grated
- 1 large granny smith apple, peeled and grated

DIRECTIONS

1. Soak the raisins and currants in the brandy and lemon juice for 1 hour until plumped up, then drain and set the brandy aside.
2. Mix all the ingredients together in the order given, then pour in the brandy when everything else is well mixed.
3. Spoon and press into sterilised jars. Will keep in the fridge for at least 6 months.



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Fruit Mince Pies

Recipe by Kirsten Bacon, The Kingborough Cook



1 batch



1 hour

INGREDIENTS

- 250g plain flour
- 1/2 cup sifted icing sugar
- 1 tbs icing sugar, extra
- 125g butter, chopped
- 2 egg yolks, lightly whisked
- 410g of your best fruit mince

NOTES

There's something undeniably English about a fruit mince tart, especially when served at Christmas. To me, the quintessential fruit mince is the one made with suet—it has a richness that feels right for the holiday season. However, as times change, it's important to have options for everyone, and a good vegan fruit mince can be a delightful alternative. While I've provided a sweet pastry recipe for traditional tarts, for a vegan version, you can simply use your best shortcrust recipe.

DIRECTIONS

1. Process flour and icing sugar in a food processor until combined or by hand. Add butter and process until the mixture resembles breadcrumbs. Add egg yolks and process until mixture comes together in a ball, adding a little water if necessary. Remove dough and knead lightly on floured board. Cover in plastic wrap and chill for 30 minutes.
2. Preheat oven to 210°C.
3. Roll out pastry on lightly floured surface until 3mm thick. Using a 7cm fluted pastry cutter, cut out rounds. Line patty pans with pastry rounds. Fill each with 1 tablespoon of fruit mince.
4. Cut star shapes from remaining pastry and place on top of tarts. Bake for 15 minutes until golden. Cool and dust with icing sugar.



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