

# Poached quince with rosewater and elderflower cream with lemon and poppy seed shortbread

**less than 30 mins**

preparation time

**30 mins to 1 hour**

cooking time

**Serves 4**

## Ingredients

### For the shortbread

- 175g/6oz plain flour
- 100g/4oz butter
- 50g/2oz caster sugar
- 1 lemon, finely grated zest only
- 1 tsp poppy seeds

### For the poached quince

- 4 quince, peeled and chopped
- 4 tbsp rosewater
- 100g/4oz caster sugar

### For the elderflower cream

- 284ml/10fl oz carton double cream
- 2 tsp elderflower cordial
- 2-3 tbsp elderflower liqueur
- icing sugar, to taste (optional)

## Preparation method

1. For the shortbread, preheat the oven to 160C/320F/Gas 3 and line a baking tray with non-stick baking paper.
2. Put the flour, butter and caster sugar in a food processor to mix briefly. Tip the mixture into a bowl and add the lemon zest and poppy seeds. Using your hands, bring the mixture together into a ball.
3. Roll out the shortbread to a thickness of about 0.5cm/¼in and, using a biscuit cutter, stamp out rounds. Place the rounds slightly spaced apart on the baking tray and bake for 15-20 minutes, or until pale golden-brown. Leave to cool on the tray for a few minutes and then transfer to a wire rack.
4. For the poached quince, peel and slice the quince. Put the rosewater in a shallow pan with the caster sugar and 100ml/4fl oz water. Add the quince in a single layer and cook over a low heat for about 30-35 minutes, or until tender. The liquid should simmer, not boil. Leave to cool in the syrup.
5. For the elderflower cream, whip the cream in a mixing bowl until soft peaks form when the whisk is removed. Gently fold in the elderflower cordial and liqueur. Taste and add a little icing sugar if you like.
6. Using two dessertspoons, shape the cream into quenelles (rugby ball

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*Quince is poached here in rosewater, but you could add anything you like to the poaching liquor - vanilla or lemon zest would both work well.*

shapes) and place on serving plates. Arrange slices of the quince to the side and serve with the shortbread.