

Martin Boetz promotes Custard Apples

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Well known Longrain Restaurant chef Martin Boetz is this year's custard apples ambassador for the industry



With the custard apple season running from March to October Boetz has revealed that custard apples are at the top of his list of favourite fruits in the campaign for the Australian Custard Apple Growers Association.

He said custard apples are one of the most versatile fruits available with stunning flavour.

“Custard apple is my favourite fruit—it is so easy to cook with and has the ability to be prepared in many different ways—you really shouldn't judge this book by its cover,” Boetz said.

Boetz said custard apples can be added to fruit salads, made into ice-cream, sorbets, drinks and desserts, and used as fillings for cakes and as an accompaniment to spicy dishes such as curry. “Complementary flavours are cinnamon, nutmeg, lemon, orange,

honey and vanilla,” he added.

Australian custard apples are grown in four main areas along the sub-tropical and tropical coast of the eastern seaboard. From the Atherton Tablelands in North Queensland to Lismore in Northern NSW. The largest growing and production area is the Sunshine Coast in South East Queensland while the Yeppoon area in Central Queensland can lay claim to producing the first fruit of the season.



The Custard Apple Growers Association has developed a range of recipe suggestions like Thai Red Curry with Custard Apple and Chicken, Freeform Custard Apple Rustic Tart, and Custard Apple with Ginger & Lemongrass Syrup. Find them at www.custardapple.com.au