

F R U I T S   L A N D S   &   H U M A N S

*histoire  
de  
fruit*

# Sicily

The land of citrus fruit

CATTLEY GUAVA  
**EXOTIC**  
FRESHNESS

SOURSOP  
**FRUIT FROM**  
MADAGASCAR

COCKTAILS  
**JOSEPH**  
TROTТА

**1**  
NUMBER

## EDITORIAL

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### Maison Ponthier

has a wealth of experience spanning 70 years and is located in the Corrèze region of South West France, where the countryside is lush and bountiful with groves of apples, red berries and chestnuts. Maison Ponthier is committed to providing the best that nature has to offer. To achieve this, Ponthier relies on its sourcers to select the finest origins and varieties. Like avid collectors, they travel the world, exploring and searching for the finest flavours produced by the unique combination of a particular variety with specific soil and climate conditions. This approach is Maison Ponthier's trademark: to tell the story of each fruit, with its own unique personality, as well as the growers' stories.

Every stage of the fruit's life-cycle is closely monitored by Maison Ponthier's experts to achieve exceptional quality: pure, delicious flavours; harvesting fruit and vegetables at prime ripeness; gentle, customised processing methods; precise traceability; natural ingredients; flawless food safety. The product range primarily comprises chilled and frozen fruit and vegetable purées, fruit coulis, frozen fruit and highly reputed vacuum-packed cooked chestnuts for use in sweet or savoury dishes and drinks.

By sharing the story of each fruit with its partners, Maison Ponthier creates a connection between the growers, who proudly and expertly work the land, and the gastronomy sector, which is always looking for outstanding, authentic products.

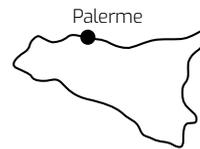
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### Thierry Sibut

President of Maison Ponthier

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# Sicily, the land of citrus fruit



The volcanic island of Sicily, encircled by mountains, is a very fertile terroir to grow citrus fruit. The island's mountains mostly comprise tertiary land, known as «Trubi» or «sandy marls», where the soil is rich in chalk, minerals and fine yellow sand. This well-drained soil is ideal terrain for citrus groves. The lemon, orange and grapefruit trees that grow there are abundantly laden with fruit. Moreover, the mountains abound with



small streams which provide a steady supply of water and allow the growth of healthy trees. The naturally sunny climate of the island also contributes to the fine quality of Sicilian fruit, since continuous sunshine is essential for citrus fruit to mature correctly. All of Ponthier's 100% pure citrus fruit purées – lemon, mandarin, orange, blood orange and pink grapefruit – are therefore full of fresh, fragrant, tangy flavour.



- LEMON PURÉE 100% \***
- MANDARIN PURÉE 100% \*\***
- ORANGE PURÉE 100%**
- BLOOD ORANGE PURÉE 100% \***
- GRAPEFRUIT PURÉE 100%**

*Origin Italy (Sicily)*  
*Available chilled (1kg) or frozen (1kg)*  
*Shelf life frozen: 30 months*  
*Shelf life chilled: 15 months*

\* Available frozen (5kg).  
 \*\* Available frozen (5kg & 20kg).



## a citrus twist from Spain

There are three new grated zests to try in the Ponthier frozen range: lemon, orange and lime. These attractive, brightly-coloured products can be used to flavour sorbets, ice creams, travel cakes and sweet or savoury accompaniments.

# Joseph Trotta Combining



**Joseph Trotta, French Cocktail Champion and winner of the International Low-Calorie Cocktail Trophy, has created four new fruit purée blends for the 2019 Ponthier collection, which can be used in cocktails, mocktails or for other fresh, tasty sweet dishes.**

## WHAT IS THE SECRET TO COMBINING AND BALANCING FLAVOURS?

To truly understand a product, it is essential to make use of its natural characteristics; the more you uphold this principle, the closer you come to

balancing flavours. When you are mixing fruit, herbs, spices or any other product, you cannot go against their nature. I use several methods when I am working: one is to build up flavour using 2 central products that serve as the basis for the combination I am creating. I then look for other ingredients to accompany



## Mojito

Ponthier Mojito purée faithfully reproduces the classic recipe of this well-known cocktail. You can taste the familiar freshness of tangy lime blended with strong mint undertones. This purée is very versatile: it can be combined with mandarin, passion fruit or green apple... Or it can be used to make all sorts of desserts, especially mousses, granitas or sorbets.

### RECIPE

Fill a glass with ice cubes, then add:  
8 cl of Ponthier Mojito purée  
3 cl of Cuban white rum  
6 cl of sparkling water  
Stir and decorate with a sprig of fresh mint and a slice of lime.

## Piña Colada

Ponthier Pina Colada purée is a real gem, an exotic delicacy that can be combined with other flavours such as banana, lychee or orange. For a variation on this cocktail, you could use cachaça, Tequila or Mezcal in the exotic mixture rather than rum. This purée can also be used to make ice cream, fruit cremeux, macaroons and other sweet treats.

### RECIPE

Place a few ice cubes in a food mixer bowl, then add:  
10 cl of Ponthier Pina Colada purée  
3 cl of Cuban or Puerto Rican white rum\*  
Mix for a few seconds, then serve.

*\*A tip from Joseph: try using golden rum with a stronger wood-infused flavour.*



# fresh flavours

them. Sometimes, one very minor ingredient can completely modify the taste structure and make the recipe perfect. Finding this element is what makes creation so interesting.

## WHAT ARE YOUR FAVOURITE SPICES AND FRESH HERBS?

My natural tendency is to work with all herbs and spices; looking for the right one is a continuous process. I have a very large collection of spices, peppers and special ingredients, which I select from to create my cocktails. Some of the spices, plants

and herbs that I particularly like are: fresh galangal, turmeric, green cardamom, fennel seeds, orange blossom... As for herbs, I appreciate all types of basil (lemon, Thai, purple, Genovese, etc.), flat-leaf parsley, lemon thyme, tarragon, lemon verbena... and all the other herbs that I have yet to discover.

## WHAT INSPIRES YOU THE MOST?

I create cocktails spontaneously; what is right for one moment must be immediately questioned the next. Markets and travelling inspire me a

lot, as do other cultures and meeting people. Fruit is essential to my work, and is at the heart of many of my creations. Aside from my personal touch, my cocktails are short tasty stories that everyone can read and transpose as they wish.

## HOW DO YOU SELECT THE PRODUCTS THAT YOU USE IN YOUR CREATIONS?

All the ingredients must be top quality. Apart from a few seasonal fruits, most of the time I work with chilled or frozen fruit purées since they have just the right texture for

making drinks. They reproduce the taste and colour of the fruit very well. By using fruit purées, I can work with fruit varieties that are more difficult to use in their natural state: coconut, passion fruit, guava, lychee, prickly pear, pomegranate, etc. Ponthier fruit purées have very high quality guarantees and this is essential to the success of my creations.



## Citrus Lemon Verbena

The Citrus Lemon Verbena blend combines Sicilian mandarin, Calabrian bergamot and lemon verbena. This Ponthier purée is a concentrated dose of fresh Mediterranean flavours, perfect for making subtly fragrant cocktails. The soft, floral aroma of lemon verbena opens up many possibilities that are both simple and effective: it can be combined with sparkling water, lemonade or lemon-based soft drinks. For an alcoholic cocktail, gin, vodka or Champagne are the first combinations that come to mind. The thought of using it for a sweet treat like sorbet, marshmallows, jelly or coulis is simply mouthwatering!

### SICILY SPLASH

Fill a glass  $\frac{3}{4}$  full with ice cubes, then add:  
10 cl of Ponthier Citrus Lemon Verbena purée  
1 cl of Ponthier lime purée 100%  
7 cl of Indian Tonic water  
Decorate with a slice of lime and two lemon verbena leaves.



## Pineapple Yuzu Cardamom

The subtle blend of pineapple, yuzu and cardamom is perfectly balanced, bringing out the personality of all three ingredients. This Ponthier purée was developed from the exotic freshness of pineapple, accentuated by yuzu. Cardamom adds a delicate touch of warming camphor. For cocktails, ice cream, or fruit cremeux... Take a trip into the fragrances of India, Asia or the Middle East.

### SPICY JOE

Half-fill a tumbler with ice cubes, then add:  
8 cl of Ponthier Pineapple Yuzu Cardamom purée  
3 cl of Ponthier mandarin purée 100%  
5 cl of sparkling water  
Serve immediately.

**PONTHIER MOJITO PURÉE** (LIME, MINT, SPEARMINT EXTRACT, WATER, PURE CANE SUGAR)  
**PONTHIER PIÑA COLADA PURÉE** (PINEAPPLE, COCONUT, PURE CANE SUGAR)  
**PONTHIER CITRUS LEMON VERBENA** (MANDARIN, BERGAMOT, LEMON VERBENA, PURE CANE SUGAR)  
**PONTHIER PINEAPPLE CARDAMOM YUZU** (PINEAPPLE, CARDAMOM, YUZU, PURE CANE SUGAR)

Available frozen (1kg)  
Shelf life frozen: 30 months

# The Red Cattley Guava



The Maison Ponthier sourcers have brought this small, tasty red fruit from the French island of Reunion to produce a delicious ready-to-use purée. Guava berries grow on pretty shrubs, which are 2 to 3 metres high and flourish in tropical, mountainous or warm temperate climates. The berries are

harvested during the austral winter (between April and July) and measure about 2.5 cm in diameter. When fully ripe, they have smooth, shiny, red skin. Inside, the pulp is white, soft and creamy, with a uniquely refreshing, delicately sweet taste. A slightly tangy after-taste evokes the flavour of the finest oranges and redcurrants. What a pleasure to imagine all the ways the Ponthier Cattley Guava purée could be used: in jams, jellies, creams, juices, cocktails, marinades and sauces.

But it is definitely at its best in sorbets. Once the guava berries have been prepared, they are processed using a specific production method: the seeds and other inedible parts are removed, leaving just the essence of the fruit, its pulp. The berry's natural red pigment colours the purée a wonderful bright pink. A gentle flash pasteurisation technique is used to fully preserve its delicate, distinctive taste.



## CATTLEY GUAVA PURÉE

*Origin France (Reunion island)*

*Ingredients: guava 90%, pure cane sugar 10%*

*Brix rate: 20.5*

*Available frozen (1kg)*

*Shelf life frozen: 30 months*

75

Number of guava berries used to produce 1 kg of purée (before processing)

## INTERVIEW WITH JEAN-FRANÇOIS MARE SIHAYE, A GUAVA GROWER IN MARTIN SALAZIE

### WHY IS ALTITUDE AN IMPORTANT FACTOR WHEN GROWING GUAVA BERRIES?

*Our guava berries must be harvested in mid-mountain areas, at an altitude of between 800 and 1000 metres. At this altitude, the fruit is subjected to wide temperature variations ranging from sunny days to chilly nights. This phenomenon speeds up the production of anthocyanins, the natural red pigment that gives the fruit its beautiful vermilion colour and wonderful tangy taste.*

### CAN GUAVA BERRIES BE CONSIDERED AS A WILD CROP?

*In some ways they are indeed a «wild crop» since the only action we take is to prune the shrubs to make fruit picking easier. Generally speaking, every grower owns 2 to 3 hectares of land where guava trees grow.*

### HOW ARE GUAVA BERRIES HARVESTED?

*Harvesting is a crucial step: the berries are hand-picked in the cool, early hours of the morning, from 6 am to 11 am (the fruit would suffer from excessive heat if it was picked after 11 am). The growing areas are no more than 3 hours away from our production facilities so that the berries can be transported there very quickly, cooled to 4°C, then washed and frozen. This method of operation means that we can make sure the berries ripen on the trees until they are fully mature.*

### WHERE DO THE GUAVA BERRIES THAT YOU HARVEST FOR MAISON PONTHER COME FROM?

*The guava trees that we grow for Maison Ponthier are located at Plaine-des-Palmistes and Cirque de Salazie, two of the most exceptional vistas on Reunion island!*



Jean-François Mare Sihaye, grower

## INDIAN OCEAN, EXCEPTIONAL BERRIES



From left to right: Mrs Fanjaline (grower), Mr Dédé (grower) et Mr Jacquot (storage)

# Soursop

## Fruit from Madagascar

In the Vavatenina district of Madagascar, soursop trees flourish and bear fruit almost all year round, even though the peak season is between June and August. The trees start to fruit once they are 3 years old, then the yield varies between 50 and 100 kg. These trees need rich, well-drained soil and their roots can extend up to one metre underground. They are cultivated by small-scale growers, whose plantations are never larger than 100 feet. Ponthier soursop purée is produced from the delicious, fleshy pulp of

the fruit, which is beautifully white in colour. To produce the purée, the soursops must first be peeled, which is a difficult, technical operation due to the rough rind and prickly spines on the surface of the fruit. The inedible black seeds are also removed before the fruit is processed. The next stage is to sieve and flash pasteurise the pulp, then add ten percent of pure cane sugar, to produce a tasty purée that can be used for cooking as well as for pastries, sweets, jams, biscuits or cocktails.



### SOURSOP PURÉE

*Origin Madagascar (Vavatenina)*

*Ingredients: soursop 90%, pure cane sugar 10%*

*Brix rate: 21*

*Available frozen (1 kg)*

*Shelf life frozen: 30 months*

### ENTRETIEN AVEC MME FANJALINE ET M. DÉDÉ, PRODUCTEURS DE COROSSOLS À VAVATENINA

#### HOW WOULD YOU DESCRIBE THE TASTE OF THE MADAGASCAN SOURSOP?

*The Annona Muricata variety of soursop has an unusual taste. It has a nice sharp flavour combined with a slightly tangy after-taste and a strong aroma. Soursop is very popular in the Indian Ocean islands. It is used in cocktails for its powerful aroma, and can sometimes comprise up to 20% of the drink.*

#### WHAT ARE THE SPECIFIC CHARACTERISTICS OF VAVATENINA DISTRICT IN TERMS OF SOIL COMPOSITION AND CLIMATE?

*In Vavatenina the soil is rich in clay and always saturated with water. The climate is typical of the East Coast of Madagascar: hot and rainy with an average temperature of 24°C and 2700 mm of total rainfall, which is evenly distributed throughout the year. Humidity is at its highest between November and April, and there are 10 to 12 hours of sunshine during the day if the sky is not overcast.*

#### HOW DO THESE SPECIFIC CONDITIONS CONTRIBUTE TO THE TASTE, COLOUR AND TEXTURE OF THE FRUIT?

*Vavatenina district enjoys more sunshine than other areas of the island. This is an advantage for our soursops: it gives them a sweeter, fruitier taste and their Brix rate is over 15. The fact that the trees have deep roots, together with high rainfall, means that the fruit pulp is juicier and more luxuriant.*





**PONTHIER**  
*une histoire de fruit*

**SIRHA**  
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