

Apricots



Selecting

There are about a dozen varieties of apricots that differ in size and colour, but all are similar in taste.

Once apricots are picked they do not ripen further but will get softer.

Choose ones that are firm but not hard (yield to gentle pressure) and are lightly fragrant. The fruit should have a smooth and velvety skin without spots or bruises.

Apricots are also available dried.

Storing

Store apricots at room temperature away from direct sunlight until soft. Once ripe they can be stored in the refrigerator for up to a week.

Dried apricots can be stored in the pantry or refrigerator. They have a long shelf life.

Preparing

Wash apricots under cold water right before you plan to use them. They are ready to eat.

To peel the apricot for a recipe, place the fruits in boiling water for 1 minute, remove and cool in a bowl of ice water. Once cool, slip off the skin with a sharp knife.

To halve apricots, cut down to the pit along the lengthwise seam, twist the two halves to separate and discard the pit.

Seasonality

Local apricots are available in July and August.

Dried apricots are readily available all year round.

Nutrition

Apricots are a source of beta carotene and fibre.

Dried apricots are a more concentrated source of nutrients. They provide good to excellent sources of beta carotene, niacin, vitamin E, iron and potassium (based on 100g serving).



Try this quick Half Your Plate recipe for Apricot Chicken Pilaf
www.halfyourplate.ca/recipe/apricot-chicken-pilaf-2

