

EXOTIC FRUITS, MARINATED IN A SPICED SYRUP

INGREDIENTS FOR SYRUP:

500 g. sugar
1 litre water
1 vanilla bean, split
5 star anise
30 g. fresh ginger root, peeled, or 1 teaspoon ground ginger
1 x 6 inch piece lemon grass, tender end, crushed, (or 1 Tbsp. dried ground lemon grass)
3/4 tsp. coriander seeds
2 - 4 cloves

LIST OF POSSIBLE FRUITS:

pineapple	kiwi
mango	strawberries
papaya	blueberries
apple	raspberries
oranges	starfruit
passionfruit	plums
guava	
lychees	
rambutan	

Bring the water and sugar to the boil, and then add the different spices. Let it infuse all together, off heat. Please note, that if the dried versions were used of the ginger, and, or lemon grass, one may prefer to put the syrup through a very fine sieve before adding fruits. The larger bits, such as the anise, the coriander seeds, and perhaps the peppercorns can be put back into the syrup for their visual attractiveness in the presentation of the dish, but this is not necessary as the flavours will have all been transferred by the time the syrup is cool.

When cool, add a selection of exotic fruits, but do not leave them marinating for longer than 2 hours. Depending on the quantity that is being made, one can use all or just several of the fruit listed . An approximate amount to aim for is about 180 g. (6 oz.) per person. For the more delicate fruit, such as berries, kiwi, starfruit, plums , they should only be tossed in at the last minute.

Serve slightly chilled in attractive glass bowls, or soup plates. Some biscotti or other simple bisquits would be a lovely accompaniment.