
Five-Spice Fall Fruit Salad

Internet Address: <http://www.epicurious.com/recipes/food/views/Five-Spice-Fall-Fruit-Salad-51244030>



- 3/4 cup honey
- 1/2 vanilla bean, split and scraped
- 1 piece ginger (1 inch) thinly sliced
- 1 teaspoon Chinese five-spice powder
- 2 tablespoons fresh lemon juice
- 5 plums, black-skinned, if possible, pitted and sliced
- 5 red plums, pitted and sliced
- 4 whole peaches, or fresh figs, if available

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

Notes: the original recipes called for 2 types of plums plus figs. If those fruits aren't in season, substitute other - even cherries or prunes. If using apples, you may need to partially cook them; same perhaps with pears. Plums, figs and peaches are all soft fruits, so they lend themselves well to just marinating in the syrup.

Try to vary the color in the fruit just because it looks nicer.

1. Place 3/4 cup water in a medium saucepan. Add the honey, vanilla bean pod with seeds, ginger, and five-spice powder. Bring to a boil and stir until honey dissolves. Set aside to cool completely, and stir in lemon juice. Discard ginger and vanilla bean pod.

2. In a large bowl, pour cooled syrup over the sliced plums. Cover the bowl with plastic wrap and chill for at least 2 hours, or overnight in the refrigerator.

3. An hour before serving, slice peaches (or figs) and gently fold into plum mixture. To serve, use a slotted spoon to ladle fruit into a serving bowl.

4. DO AHEAD: Syrup can be made in advance and stored in an airtight container in the fridge for up to 2 days. [My suggestion: save the syrup, strain it, and freeze to be used again.]

Yield: 6 to 8 servings

Per Serving (excluding unknown items): 166 Calories; 1g Fat (2.9% calories from fat); 1g Protein; 43g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.