

Winter Fruit Salad

Adapted slightly from *New York Times*, 2001 (Amanda Hesser)



Servings: 8

The recipe assumes you will eat/drink all of the sugary syrup. You don't, so it is not as caloric as the recipe indicates.

- 1 1/4 cup sugar
- 3 star anise (I would add 4 of them next time)
- 1 vanilla bean, plump, split in half lengthwise
- 2 long pieces lemon zest (2 inch) preferably Meyer lemons, (peeled with a vegetable peeler)
- 3 Bosc pears, firm
- 1 apple, tart type, firm
- 8 whole dried apricots, Turkish, if possible, cut in half
- 4 whole dried figs, quartered
- 2 ounces dried apples (optional - not in original recipe)

1. Fill a medium saucepan with 5 cups water. Add the sugar, star anise, vanilla bean and lemon zest. Bring to a boil, and cook until all the sugar is dissolved. Then shut off the heat. Meanwhile, peel and core pears and apple. Slice thinly lengthwise and place in a large heatproof bowl. Add apricots, dried apples and figs. Pour hot sugar syrup on top, making sure all the fruit is covered. Allow to cool to room temperature. Cover bowl with plastic wrap; poke a few holes in plastic. Chill overnight in refrigerator.
2. The next morning, remove the star anise, lemon zest pieces and vanilla beans, then use a slotted spoon to ladle fruit into a serving bowl and serve. Store leftovers in a sealed container.

Per Serving (excluding unknown items): 528 Calories; 1g Fat (2.2% calories from fat); 6g Protein; 136g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 7 Fruit; 0 Fat; 2 Other Carbohydrates.

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