

Winter Fresh Fruit Salad with Vanilla Syrup

Phillis Carey cooking class, Nov. 2013

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VANILLA GINGER SYRUP:

1/2 cup sugar

2 cups water

1 piece ginger, about 1 inch long, peeled and thinly sliced

1 vanilla bean, split lengthwise and seeds scraped out

1 lemon, peel only (reserve lemon for other use)

1 whole navel orange, peel only (use fruit for the salad)

FRUIT SALAD:

3 large navel oranges, or blood oranges

2 whole mangos, peeled and diced

5 whole kiwi fruit, peeled and diced

1 cup red grapes, seedless

1 cup pomegranate, seeds only (from 1 large one)

2 whole bananas, ripe but firm, peeled and diced

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

Servings: 10

1. Combine the sugar, water, the ginger and vanilla seeds and pod in a saucepan. Use a vegetable peeler to remove wide strips of zest from the lemon and 1 orange, add to the saucepan and bring to a boil over medium-high heat. Reduce the heat and simmer 5 minutes. Refrigerate until cold.
2. Meanwhile, peel the remaining oranges with a paring knife, cutting along the natural curve of the fruit. Hold an orange over a large bowl and cut along both sides of each membrane to free the segments, letting them fall into the bowl. Also segment the orange used in the syrup that's already peeled. Squeeze each empty membrane to release the juices. Repeat with the remaining oranges. Add the mangoes, kiwis, and pomegranate seeds and gently toss. Pour the syrup over the fruit and chill overnight.
3. Before serving, remove the citrus zest, ginger and vanilla pod. Add the fresh banana at this point. Pour into a large serving bowl or spoon the fruit and syrup into individual bowls.
4. POMEGRANATES: To remove pomegranate seeds, cut the fruit into quarters, then break apart in a bowl of water. Skim off the pith that floats to the top and drain the seeds.

Per Serving (excluding unknown items): 158 Calories; 1g Fat (2.9% calories from fat); 2g Protein; 41g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 2 Fruit; 0 Fat; 1/2 Other Carbohydrates.