

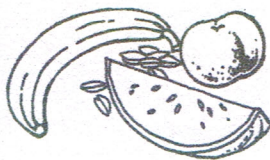
Aromatic Fruit Salad

The fruits in this salad are arranged attractively on serving plates with the spicy syrup spooned over.

SERVES 6

INGREDIENTS

45 g/1½ oz/3 tbsp sugar
 150 ml/¼ pint/¾ cup water
 1 cinnamon stick or large piece of cassia bark
 4 cardamom pods, crushed
 1 clove
 juice of 1 orange
 2 tbsp lime juice
 ½ honeydew melon
 good-sized wedge of watermelon
 2 ripe guavas
 3 ripe nectarines
 about 18 strawberries
 a little toasted, shredded coconut for sprinkling
 sprigs of mint or rose petals, to decorate
 strained thick yogurt, to serve



1 First prepare the syrup. Put the sugar, water, cinnamon, cardamom pods and cloves into a pan and bring to the boil, stirring to dissolve the sugar.

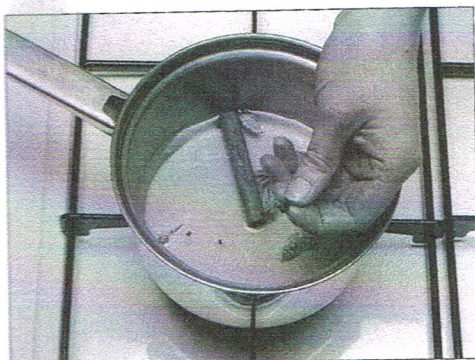
2 Simmer for 2 minutes, then remove from heat. Add the orange and lime juices, then leave to cool and infuse while preparing the fruits.

3 Peel and remove the seeds from the melons and cut the flesh into neat slices. Cut the guavas in half, scoop out the seeds, then peel and slice the flesh neatly. Cut the nectarines into slices, and hull and slice the strawberries.

4 Arrange the slices of fruit attractively on 6 serving plates. Strain the cooled syrup and spoon over the sliced fruits. Sprinkle with a little toasted coconut. Decorate each serving with sprigs of mint or rose petals and serve with yogurt, if wished.



Step 1



Step 2



Step 3

