



Winter Fruit Salad

10'
Hands on

10'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

- 170 g granulated sugar, granulated sugar
- 1 liter water
- 240 g star anises
- 1/2 vanilla pod, cut in half lengthwise
- 8 apricots, dried, cut in half
- 4 figs, dried, quartered
- 4 lemon peels, of 1 lemon
- lemon juice, of 1 lemon
- 3 pears, large
- 1 Granny Smith apple
- 1/2 pomegranate, seeds

Διατροφικός πίνακας

Nutrition information per portion

363 Calories (kcal)	1.5 Total Fat (g)	0.06 Saturated Fat (g)	79.0 Total Carbs (g)
18%	2%	0%	30%
77.0 Sugars (g)	3.1 Protein (g)	9.9 Fibre (g)	0.07 Sodium (g)
86%	6%	39%	1%

Method

Photo credit: G.
Drakopoulos - Food Styling: T. Webb

- Add the water to a small pot. Add the sugar, star anise, vanilla and lemon peel.
- Bring the mixture to a boil and simmer until the sugar dissolves for about 10 minutes.
- Allow to cool for a few minutes (but should still be warm) and add the dried figs and apricots.
- Allow the mixture to cool completely.
- In the meantime, peel and remove seeds from the pears and apple. Cut into thin slices and place in a bowl. Toss with lemon juice so they don't brown.
- When the syrup with the dried fruit has cooled, pour over apples and pears. Cover with plastic wrap and refrigerate overnight.
- The next day, remove fruit with a slotted spoon and transfer to a nice serving bowl. Sprinkle with pomegranate seeds and serve.
- Decorate with vanilla pod and lemon peels if you don't want to add them to the fruit salad.