



TROPICAL FRUIT SALAD IN LEMON GRASS SYRUP

A special fruit salad that is perfect for celebrations and entertaining.
Serves 8 - 10.

INGREDIENTS

- 2 stems lemon grass - tough outer layers removed
- 150g caster sugar
- 200ml water
- 1 large fresh pineapple - peeled and chopped into chunks
- 2 ripe mangoes - sliced and 'hedgehogged'
- 1 ripe paw-paw - cut in half, seeds scooped out, peeled and diced
- 2 kiwi fruit - peeled and sliced
- 3 passionfruit - cut in half and seeds scooped out
- 2 limes - halved and juiced

HOW TO MAKE IT

1. Strike the lemon grass with a rolling pin to break the stems open and release the flavour.
2. Put the sugar into a pan and add 200ml water and the bruised lemon grass stems.
3. Stir over a low heat to dissolve the sugar. When it comes to a simmer, take the pan off the heat and leave the lemon grass to infuse until the syrup is cold.
4. Strain the syrup into a mixing bowl.

EQUIPMENT

- saucepan
- chopping board
- sharp knife
- rolling pin
- measuring jug
- sieve
- mixing bowl
- lemon squeezer
- teaspoon
- serving bowl

5. Gently stir the prepared fruit into the syrup including the passionfruit seeds and flesh.
6. Pour in the lime juice and stir gently.
7. Serve immediately.

HOT TIPS: Take care preparing the fruit, as juicy fruit is sometimes slippery to hold and slice.

For added colour include a few glacé cherries or red-coloured fresh fruit.