



Who Weekly
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Who Food with Michelle Reedy

EXOTIC FRUIT WITH LEMONGRASS & GINGER

■ Serves 6 ■ 15 minutes ■ Keeps for 1-2 days

WHAT YOU NEED

- 1 cup mixed grapes
 - ½ cup cherries
 - 1 punnet blueberries
 - 12 lychees
 - 1 small pineapple
 - 2 nectarines
 - 1 nashi apple
 - 3 small apricots
 - 1 firm mango
 - 1 tub lemon sorbet
- FOR THE SYRUP**
- ⅓ cup sugar
 - 250ml water
 - 10cm piece lemongrass
 - 5cm piece ginger, peeled
 - 1 lime

There is a bounty of refreshing summer fruits on the market right now, perfect for fruit salad. The tropical lychee with its sweet, translucent white flesh, rich in vitamin C, will make this salad exotic. You can swap and change fruits in the recipe as you like. Use firm fruits, as the warm lemongrass and ginger syrup will slightly soften the fruit while infusing. Serve as a funky breakfast option, part of a light lunch or as a dessert.

In a small saucepan, bring to the boil the sugar and water, stirring till dissolved. Using the white part of the lemongrass, hit with the back of a knife to release the flavour, add to

syrup with peeled ginger and simmer for 10 minutes. Remove from heat. Zest the lime and set zest aside. Then squeeze the lime and add 2 tbsp of juice to the pot.

Meanwhile, wash grapes, cherries and blueberries. Peel lychees, peel and cut pineapple into chunky dice and slice remaining fruit. Pour warm syrup over fruit and lightly toss with lime zest. Allow to infuse at room temperature for half an hour. If making ahead of time, refrigerate and remove from fridge half an hour before eating. Serve with a scoop of lemon or any fruit sorbet.

DRINK ME!

AJA
 If you are heading for an Asian meal, the makers of this drop (pronounced "Asia") reckon they have a wine to match whatever you order. Their aim was to make something "luscious and fruity up front," but with a crisp finish "to cleanse the palate between mouthfuls of often wildly varying dishes." They've done a great job, and this low-acid wine has lots of juicy flavour and crispness. \$20.



TIP OF THE WEEK

When shopping seasonally, buy sweet-smelling fruit that is well-priced. This is a good indication that it's in season and is at its best.

