

Tropical Fruits & Peppercorn Syrup By Patti Sloley

TIME
20 MINUTES

SERVES
4

CUISINE
AFRICAN, WORLDWIDE

SULTRY
🌶️🌶️

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DIETARY:
Gluten Free, Salt-Free, Vegetarian, Coeliacs

MAKING THIS RECIPE

Ingredients

Syrup

- 115g caster sugar
- 200ml water (or pineapple or orange juice)
- 2cm/1 inch piece ginger (peeled, thinly sliced)
- 1 teaspoon [cubeb peppercorns](#) (whole, to taste)

Tropical Fruits

- 1 small ripe pineapple
- 2 small ripe papayas
- 2 ripe mangoes
- 2 tablespoons fresh coconut shavings
- Pomegranate seeds to scatter

Method

Thank you so much to Patti Sloley for inviting us to share this delightful dessert recipe, as featured in her book [A Plate In The Sun](#). For further fabulous fusion recipes of African and Western flavours, be sure to visit Patti's website www.pattismenu.com

Step 1

Put the sugar into a pan and add the water or fruit juice. Stir over low heat until the sugar dissolves.

Step 2

Add the ginger and [cubeb](#) to the sugar syrup. Bring to the boil then simmer for about 10 minutes or until reduced and syrupy, then chill.

Step 3

Peel, core, de-seed and roughly dice the fruits. Divide into 4 bowls, scatter with the coconut shavings and pomegranate seeds. Drizzle the syrup over the fruit and serve with a dollop of ice cream.

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MEXICAN

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MEDITERRANEAN

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Korma Daal
INDIAN

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Buy the ingredients for this recipe



Cubeb Pepper, Whole

£ 2.50

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