

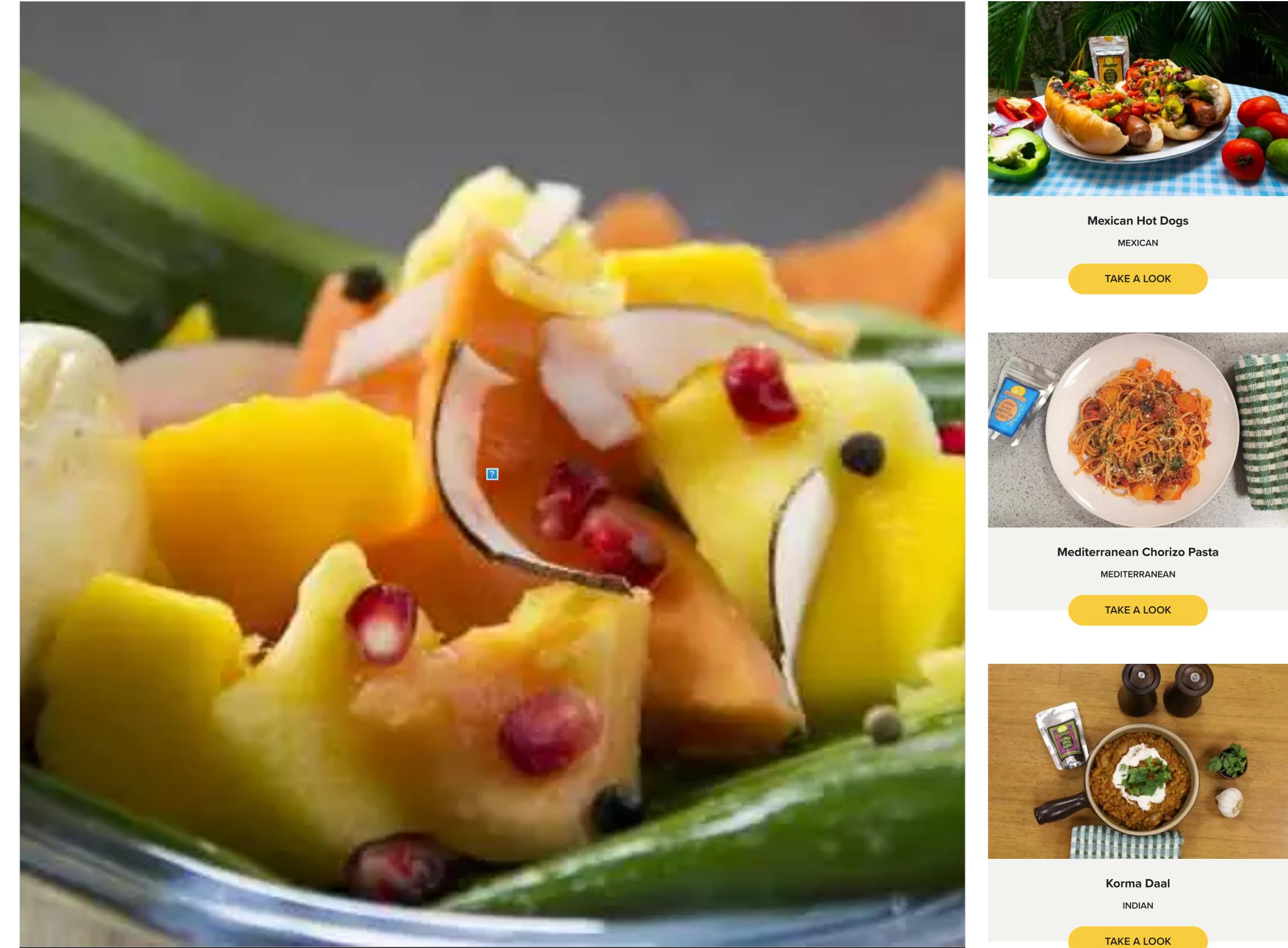
Tropical Fruits & Peppercorn Syrup By Patti Sloley

TIME	SERVES	CUISINE	SULTRY
20 MINUTES	4	AFRICAN, WORLDWIDE	بحر بحر

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

MAKING THIS RECIPE

Ingredients

Method

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

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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 cubebs 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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