

Autumn Fruit Salad with Maple and Lemon Dressing

To make approx. 32 tastes in the classroom.

Equipment:

Chopping board
Sharp knife
Peeler
Apple corer
Large mixing bowl
Small jug
Lemon squeezer
Large metal mixing spoon

Ingredients:

Seasonal fruit:
4 pears, washed, cored and diced
4 apples, washed, cored and diced
4 kiwifruit, peeled and diced
4 bananas, peeled and sliced
4 mandarins, peeled and segmented
4 navel / blood / clementine oranges, peeled and cut into large dice or segments
1 pomegranate
½ cup dried cranberries
Juice of 1 lemon
Maple syrup – approx. ¼ cup or to taste

What to do:

- Wash the apples and pears. Prepare as per the ingredient list, leaving skin on and add to the large mixing bowl.
- Peel the kiwifruit, bananas, mandarins and oranges and prepare as per the list above. Add to the apple and pear pieces.
- Remove the seeds from the pomegranate. Add to the bowl, along with the dried cranberries.
- In a small jug, combine the maple syrup and lemon juice. Check for flavour balance between sweet/tart.
- You could add a pinch of a fragrant spice at this point. Complementary spices might include cinnamon, allspice or cardamom. What does your nose tell you when you smell the flavours of the dressing, fresh fruit and spices? Which combination smells tasty? Add a very small amount and then check for taste before adding more – you can always add a little extra, but you can't take it out once it's in!
- When you are happy with the flavour and aroma of your dressing, pour it over the fruit and gently toss with a large spoon. Allow the fruit salad to rest before serving – this will give the flavours time to combine.
- Serve into bowls plain, or with a nut or biscuit crumble topping, and a dollop of cream, yoghurt or ice cream.