

Winter Fruit Salad

*This is great to take to a potluck,
or for a nice brunch.*

Ingredients

- 1/2 cup sugar (or a little less, to taste)
- 1 1-inch piece ginger, peeled and thinly sliced
- 1 vanilla bean, split lengthwise and seeds scraped out (or 1 tsp vanilla extract)
- 1 lemon
- 3 large navel oranges, peeled and segmented (see below *)
- 2 red grapefruits, peeled and segmented (see below *)
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 1 cup blueberries
- 1 cup pomegranate seeds (from 1 pomegranate) - optional, but very pretty
- optional for a fancier fruit salad, like for a dessert after a sit-down dinner: Spoon the fruit into stemmed glassware. Add a sprig of mint and/or a dollop of very slightly sweetened whipped cream.



Directions

Note: This is started the night before; to allow the syrup flavors to meld.

How to remove pomegranate seeds: cut the fruit into quarters, then break apart under/in a bowl of water. This keeps the seeds from splashing you and everything else with their red stain. Skim off the pith that floats to the top of the water and drain the seeds

Combine the sugar, 2 cups water, the ginger and vanilla seeds and pod in a saucepan. Use a vegetable peeler to remove wide strips of zest from the lemon and 1 orange, add to the saucepan and bring to a boil over medium-high heat. Reduce the heat and simmer 5 minutes. Refrigerate overnight.

Meanwhile, * peel the remaining oranges, and red grapefruits with a paring or chef knife, cutting along the natural curve of the fruit. Slice the peeled fruit into segments. Add the mangoes, bananas, kiwis, blueberries and pomegranate seeds. Cover with plastic wrap and refrigerate until ready to serve.

Before serving, strain the syrup to remove the citrus zest, ginger and vanilla pod if used. Pour the syrup-sauce over the fruit and gently toss to cover the fruit in the syrup. Spoon into bowls.

This recipe brought to you by Mariskas Jewelry Designs (<http://www.mariskasdesigns.com>)