

Warm Apple & Papaya Fruit Topping



TIPS:

I. What do I do with this warm fresh fruit topping? This fresh and very quickly cooked fruit topping goes great warm right out of the pan or chilled on hot or cold cereal, waffles, pancakes, French toast, yogurt, or ice cream.

2. What if apples or papaya aren't available or you don't like either of them? No problem. Instead of apple, you can use pear or any other fruit, though the instructions here showing how to prepare apples for cooking apply identically to pears. You can also substitute papaya with pineapple, mango, or even banana, or really any other fresh fruit that's available that you like.

Preparation Time: 20-25 minutes

Ingredients

2 Apples (I'm using golden delicious apples but any apples will work)

1 Fresh Papaya Piece (about the size as shown below)

1 Tablespoon Butter

Dash of Salt

Shake of Ground Cinnamon

1-2 Handfuls of Fresh Cranberries

1 Tablespoon Favorite Jam (I'm using fig butter, which is made just like jam but with less added sugar)

1 Tablespoon Vanilla Extract

1/2 - 1 Handful Dried Fruit (I'm using dried cranberries but any dried fruit will work)



Equipment

Small Sharp (Paring) Knife

Cutting Board

Frying Pan

Tablespoon

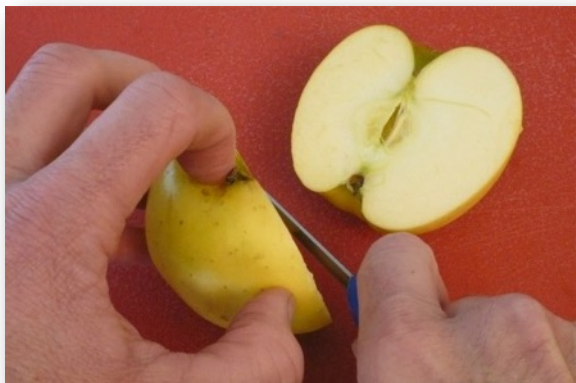


1. Give **2 apples** a hand-scrubbing rinse with cold tap water.

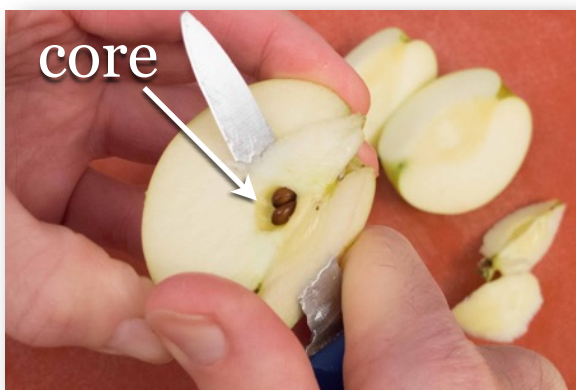


Cut the **apples** in half lengthwise, and cut **each apple half** in half lengthwise again into

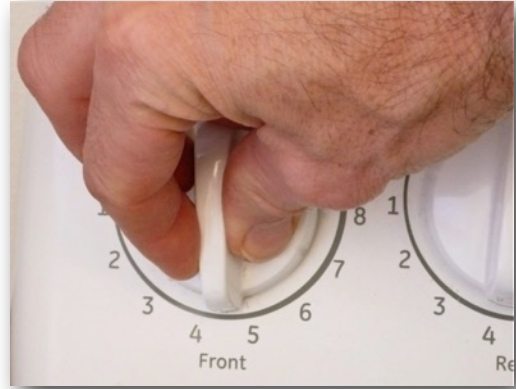
quarters.



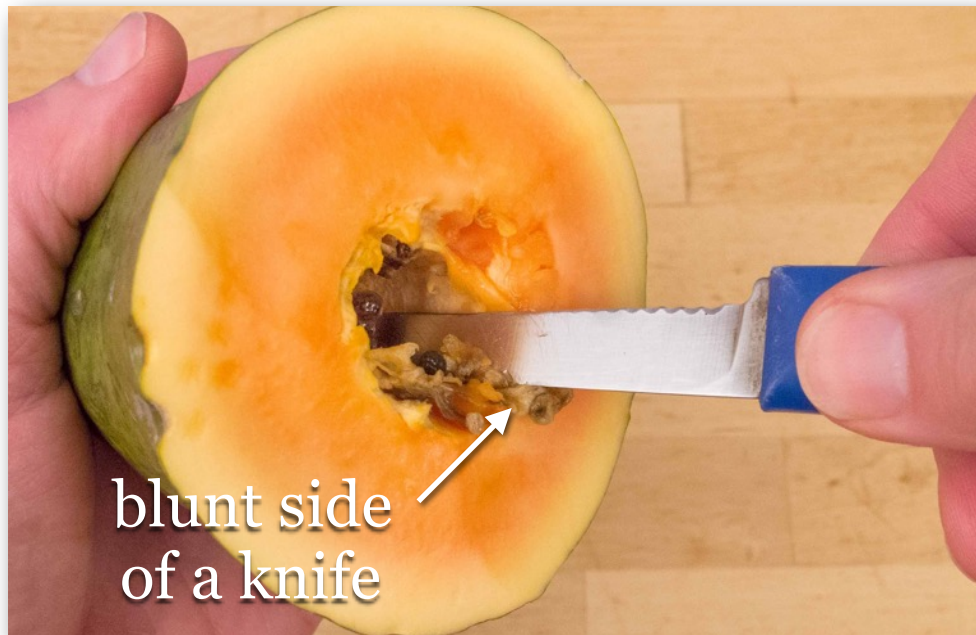
Carefully remove the **core** from **each apple quarter**. Cut **each apple quarter** into **2-3 lengthwise slices**, and then cut the slices in cross section into **small bite-sized pieces**.



2. Put the frying pan on the stove, and turn on the burner to **MEDIUM** heat.

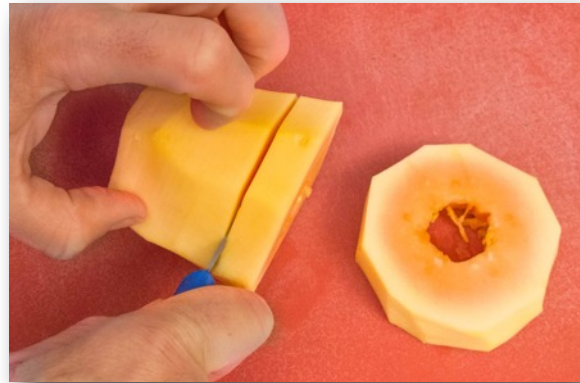


3. While the pan warms, use either a spoon or the blunt (not sharp) side of a knife blade to remove the **seeds** from a **fresh piece of papaya**.

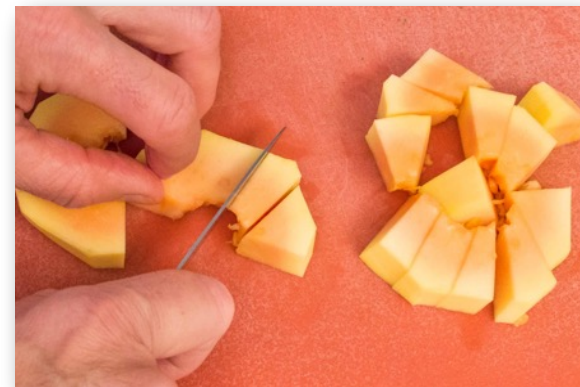
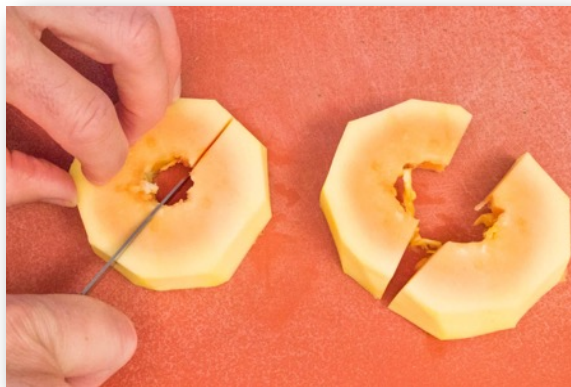


Cut the **outer skin from the papaya**. Then cut the **papaya piece** into **cross section**

slices about 1/2 inch (1.25 mm) wide.



Lay the **papaya slices** flat side down, cut each circle-shaped slice in half, and then cut the **semi-circular pieces** into **bite-sized pieces** also about 1/2 inch (1.25 mm) wide.



4. Check the frying pan for the proper cooking temperature by running cold tap water on your fingers and flicking the water onto the pan surface. The pan is warm enough to cook when the water evaporates with a sizzle. **NOTE:** If the

water sizzles and evaporates into steam as soon as it hits the pan surface, remove the pan from the heat for a few minutes to let it cool. Turn down the burner heat a few notches. Then heat and test the pan again. If the water doesn't sizzle at all, keep warming the pan.



5. When the pan is warm enough to cook, add a **1/4 - 1/2 inch (6-12 mm) slab of butter** to the pan as shown. Then...



...swirl the **butter** in the pan by rolling your wrist as shown in the two photos below until...



...the pan surface is evenly coated as shown here.



6. Put the **chopped apple** into the hot pan and

add **a dash of salt** (or about as much as shown in the palm of my hand),...



...a **good shake of ground cinnamon**, **1-2 handfuls fresh cranberries** (or about as much as shown in the second picture below), and **a tablespoon of your favorite jam**.



7. Stir with a spoon to mix the **ingredients** in the pan together about as shown here. Then...



...add **a tablespoon of vanilla extract**, the **chopped papaya pieces**, and **1/2 - 1 handful of dried fruit**.



8. Finish by stirring with a spoon every minute or so and cooking for another 3-5 minutes until the **cranberries** just start to pop open (that's a sign the cranberries are cooked through) and...



...what you have looks about as shown below.

