

# Warm Apple, Kiwi & Cranberry Fruit Topping



## TIPS:

**I. What to 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. Imagination is your only limit!

**2. What if apples, kiwis or cranberries aren't available?** 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 kiwis with papaya, pineapple, mango, or even banana, or really any other fresh fruit that's available that you like. You can substitute cranberries with blueberries, blackberries or strawberries, but if you do that, add them to the pan as noted in step 10 as any of those berries are more tender and need only to be warmed, not cooked through, the way cranberries do.

**Preparation Time:** 20-25 minutes

### **Ingredients**

**2 Apples** (I'm using Cortland apples here but any apples will work)

**4 Ripe Kiwis**

**1 Lemon or Lime**

**1 Orange**

**1 Tablespoon Coconut Oil or Butter**  
**Dash of Salt**

**Shake of Ground Cinnamon**

**2 Handfuls of Fresh Cranberries**

**1 Tablespoon Sugar**

**1 Tablespoon Vanilla Extract**

**1/2 - 1 Handful Dried Fruit** (I'm using dried plums and dried mango but any dried fruit will work)





## Equipment

Small Sharp (Paring) Knife  
Cutting Board  
Citrus Juicer  
Jar for Juice  
Frying Pan  
Tablespoon  
Large Spoon  
Jar with Lid



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** lengthwise into **2-3 slices**.

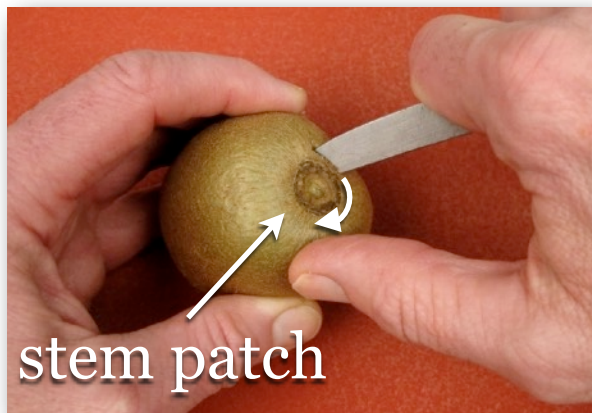


If needed (it was needed here), rotate the **sliced apple quarters** 90 degrees so that the **slices** are parallel with the cutting board, cut the **apple slices** in half lengthwise so that you make something that looks like apple matchsticks, and then cut the **slices** in cross section into **small bite-sized pieces**.

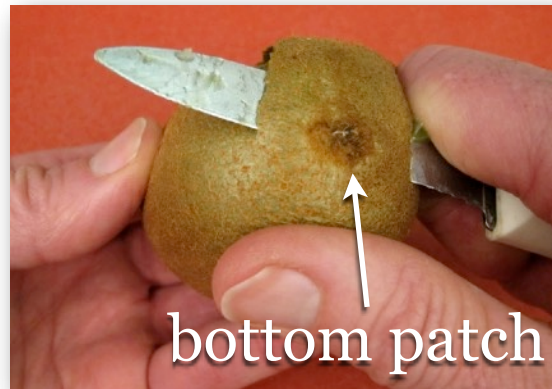


2. Use a sharp short bladed (paring) knife to cut under and around the **stem patch** so that the tough **stem end** can be removed in a single cone-shaped piece.





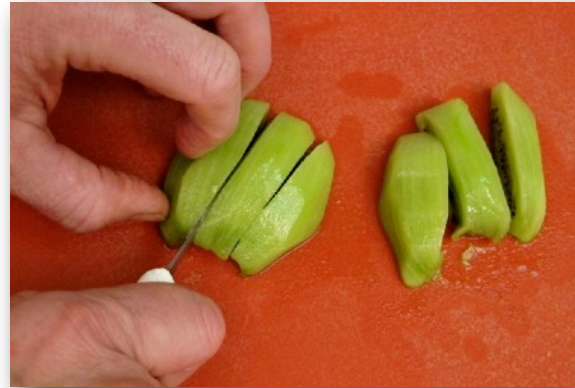
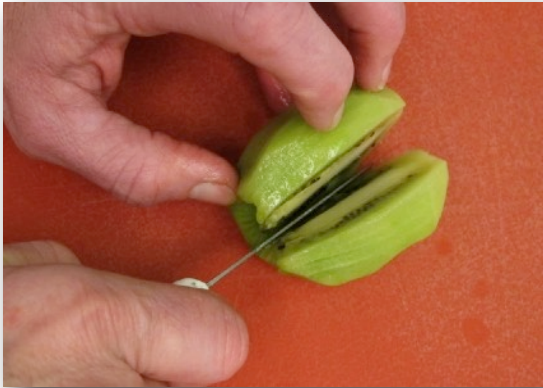
Remove the **kiwi skin** by making shallow cuts just underneath the **skin** lengthwise down the **side of kiwi**, making sure to remove the **bottom patch**, as shown in the picture on the right, until the **kiwi** looks about like...



...this.



Cut the **skinned kiwi** in half lengthwise. Cut each half again lengthwise into 2-3 slices, and then cut the slices in cross section into pieces 1/2 - 3/4 inch (12 - 20 mm) wide until what you have looks like...

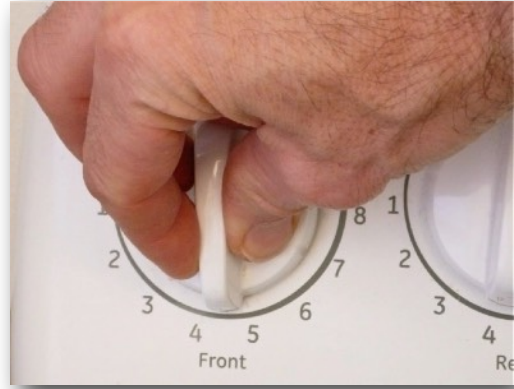


...this.





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



4. Cut an **orange** and **lime** in half and...



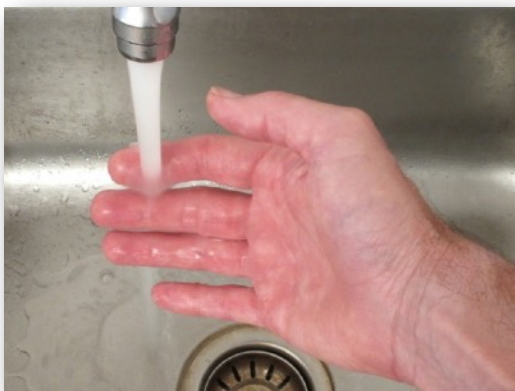
...squeeze the **juice** of both the **whole orange and lime** into a jar.



5. If needed, cut the **dried fruit** you're using into bite-sized pieces.



6. 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.





7. When the pan is warm enough to cook, add either **1 tablespoon coconut oil** or **1/2 inch (12 mm) slab of butter** to the pan as shown. Then...



or



...lift the pan off the stove and roll your wrist as shown in the two photos below to spread the **oil** or **butter** until...



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





8. Pour **2 handfuls of fresh cranberries** into the hot pan and...



...add **1 tablespoon of sugar, a dash of salt** (or about as much as shown in the palm of my

hand), and **a good shake of ground cinnamon.**



9. Let the **cranberries** cook until they just start to soften. Then add and stir the **cut apples and kiwi** with the **cranberries**. and pour on the **juice** you squeezed in step 4.





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



...add **a good shot (about 1 tablespoon) of vanilla extract** and **1/2 - 1 handful of dried fruit**. **NOTE:** if you've substituted **cranberries** with any other **berries: blueberries, strawberries, blackberries**, now is the time to add them to the pan as they only need to be warmed not cooked through the way **cranberries** do.





11. 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.



12. Turn off the stove heat and slide the pan to a cool burner.



13. Use the **warm topping** as you like (I'm using it on hot cereal and nut butter topped with kefir and dried fruit).





14. Store **leftover apple, kiwi & cranberry topping** in a container and refrigerate for at least a week.



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