

Warm Berry & Kiwi Fruit Topping



TIPS:

1. **What to do with this warm fresh fruit topping?** This fresh and very quickly cooked berry and kiwi 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 berries aren't available? No problem. Instead of berries, you can use apple, pear or any other fruit. You can also substitute kiwis with papaya, pineapple, mango, or even banana, or really any other fresh fruit that's available that you like.

Preparation Time: 20-25 minutes

Ingredients

3-4 Handfuls Berries (I'm using a combination of cherries, blueberries, blackberries, and cranberries but any berries - or any other fresh fruit will work)

4 Ripe Kiwis

1 Lemon or Lime

1 Orange

1 Tablespoon Butter (can be substituted with oil, like the coconut oil shown in step 8)

Dash of Salt

Shake of Ground Cinnamon

Shake of Pumpkin Pie Spice (optional)

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

Cherry Pitter (if needed)

Cutting Board

Citrus Juicer

Jar for Juice

Frying Pan

Tablespoon
Large Spoon or Spatula
Jar with Lid



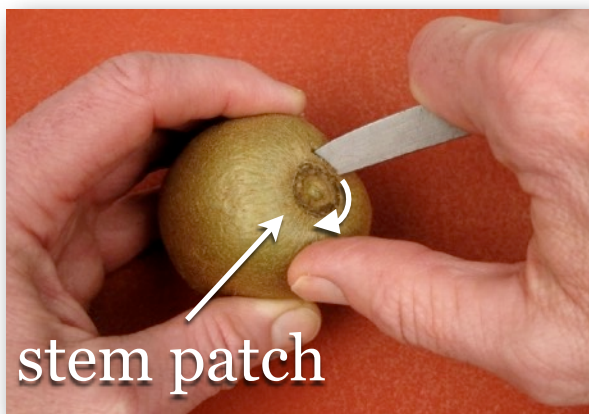
1. Give **3-4 handfuls berries** a good rinse with cold tap water.



If necessary, remove any **stems** and **seeds** from the **berries** as shown with the **blueberries** and **cherries** below.

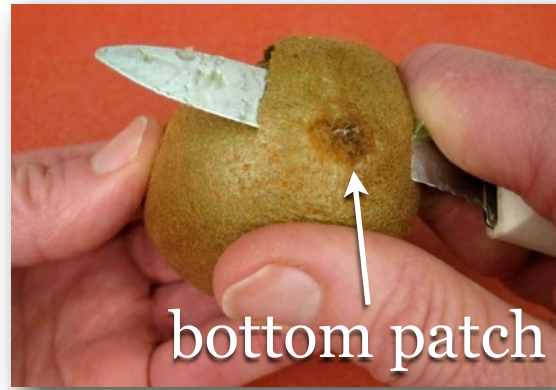


2. Use a sharp short bladed (paring) knife to cut under and around the **stem patch** so that the tough **stem end** can be removed in a single cone-shaped piece.



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...

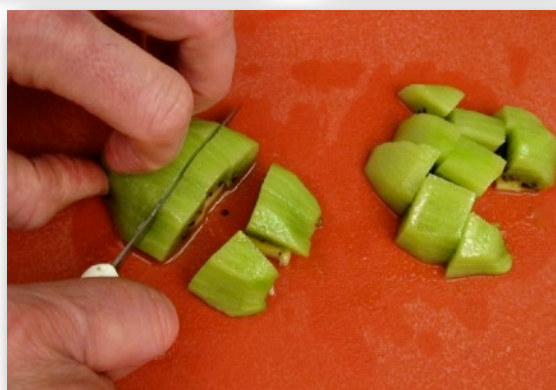


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Cut the **skinned kiwi** in half lengthwise. Cut each half again lengthwise into 2-3 slices, and then cut the slices in cross section into pieces

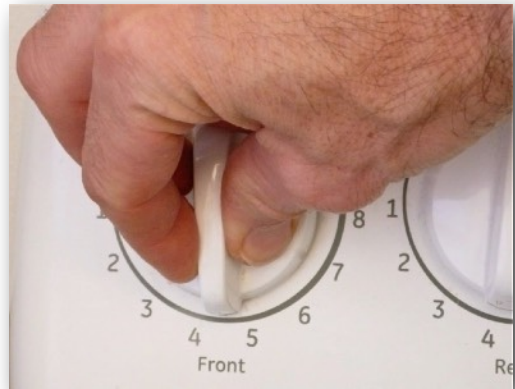
1/2 - 3/4 inch (12 - 20 mm) wide until what you have looks like...



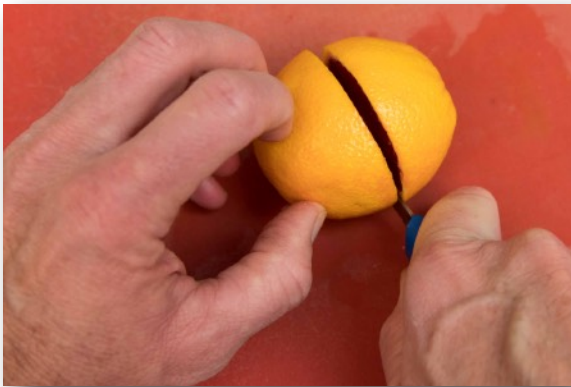
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3. Put the frying pan on the stove, and turn on the burner to **MEDIUM** heat.



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



...squeeze the **juice** of both the **whole orange** and **lime/lemon** 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 **1/2 inch (12 mm) slab of butter** or **1 tablespoon oil** (I'm using coconut oil) to the pan as shown. Then...



or



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



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



8. Pour **2 handfuls of fresh cranberries** 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**, and **a good shake of pumpkin pie spice** (optional).



9. Let the **cranberries** cook until they just start to soften. Then pour on the **citrus juice** you squeezed in step 5, and add **1 tablespoon sugar**, along with...



...the **cut kiwis** and **berries**.



10. Stir with a spoon or spatula 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**.



11. Finish by stirring 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 the what you have in the pan looks about as shown below.



12. Use the **warm topping** as you like (I'm using it on hot cereal and nut butter) and store any **leftover fruit topping** in the refrigerator for up to a week.



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