

Summer Fruit Topping



TIP: This refreshing - very quickly cooked - crisp cherry, peach, and blueberry fruit topping goes great with yogurt or as a warm or cold topping on cereal, waffles, pancakes, French toast or ice cream.

Preparation Time: 20-25 minutes

Ingredients

2 Handfuls Fresh Cherries

2 Handfuls Fresh Blueberries

2-3 Ripe Peaches or Nectarines (nectarines shown here)

2 Tablespoons Sugar

2 Tablespoons Butter

Dash of Salt

2 Lemons or Limes

2 Oranges

1 Teaspoon Vanilla Extract

Shake of Ground Cinnamon

Dried Fruit (dried cranberries shown here)



Equipment

Citrus Juicer

2 Bowls (they help with pitting cherries)

Cherry Pitter

Strainer or Colander

Cutting Board

Sharp (Paring) Knife

Jar (to collect citrus juice)

Frying Pan

Spatula

Large Spoon

Empty Jars (to store finished compote)



1. Pull the **stems** from **2 big handfuls of fresh cherries**. Rinse the **cherries** in a strainer or colander, and remove the seeds with a cherry pitter.



2. Rinse **2 big handfuls of blueberries**, making sure to remove the **stems** from any **berries**, if necessary.



3. Rinse **2-3 peaches** (or nectarines), cut them in half lengthwise around the **seed**, and twist the two halves apart.



Remove the **seed** either with your thumb or with a knife as shown in the two pictures below.



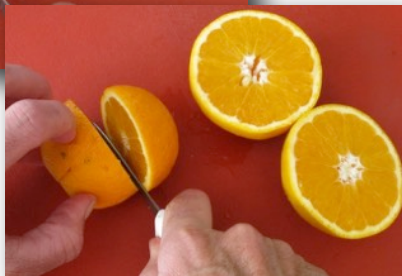
or



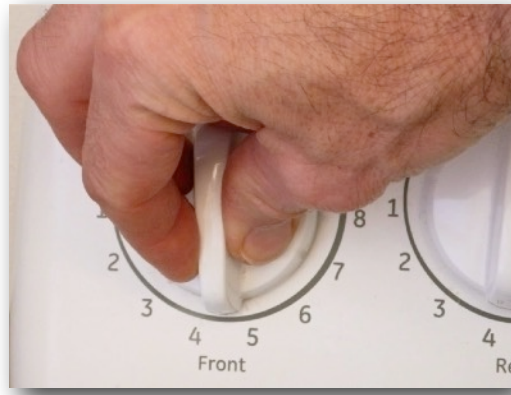
Cut **each peach half** into **slices** about 1/2 inch (1.25 cm) wide and then cut those **slices** in cross section into pieces also about 1/2 inch (1.25 cm) wide.



4. Cut **2 lemons or limes** and **2 oranges** in half, and use a citrus juicer to juice them into a jar.



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

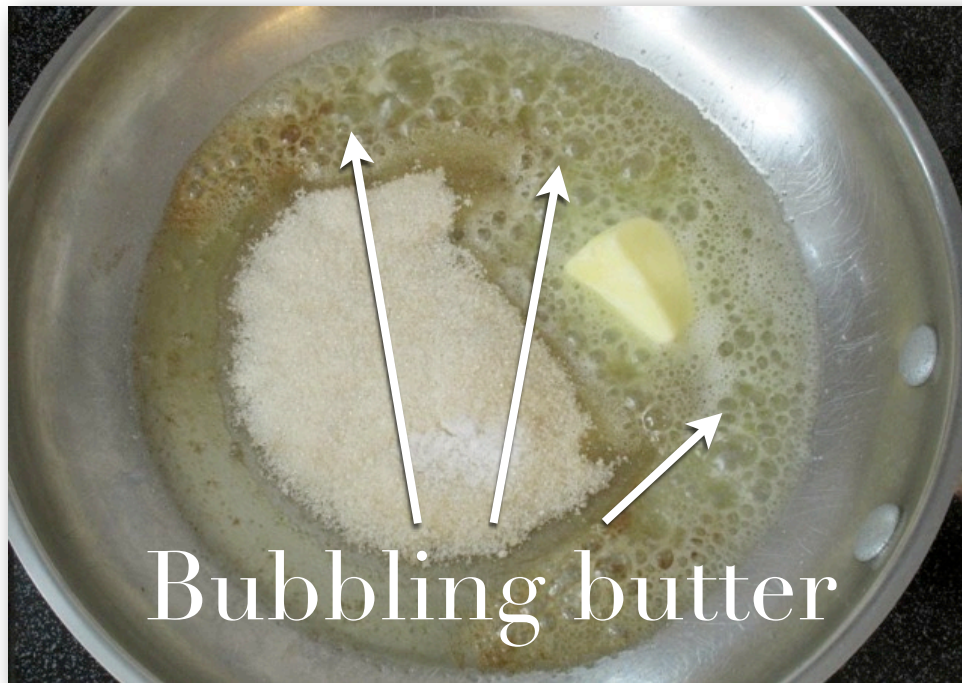


6. Let the pan warm for a few minutes. Then add **2 tablespoons sugar** (or as much as shown), **2 tablespoons butter**, and a **dash of salt**.



7. When the **butter** starts to bubble as shown

here,...



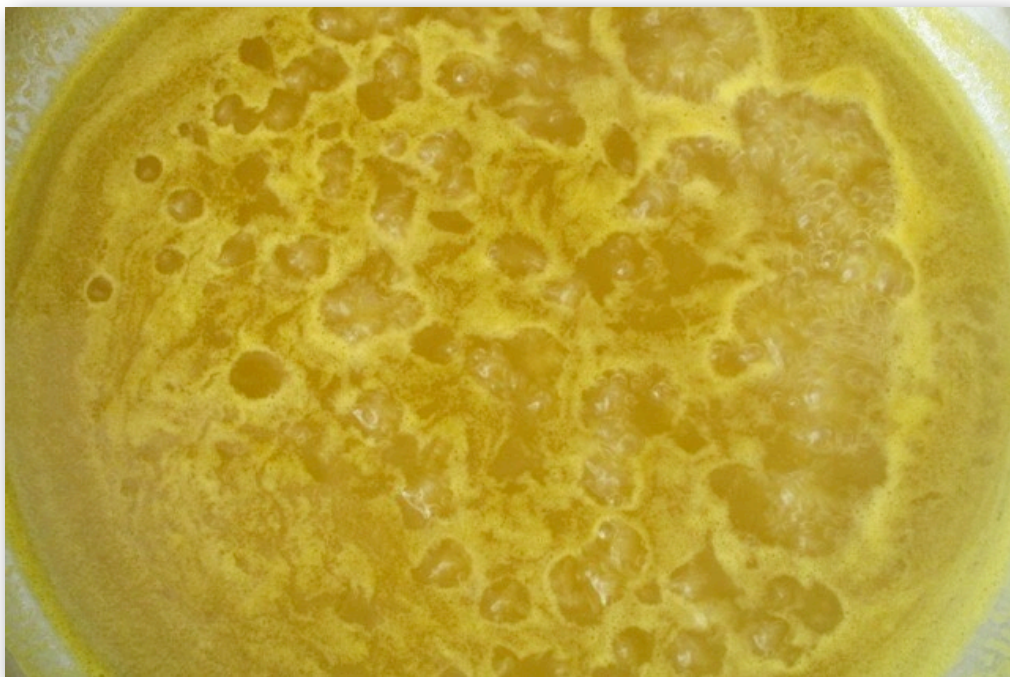
...use a spatula to mix the **butter**, **sugar**, and **salt** into a **paste** as shown in the picture on the right below.



8. Once the **paste** has formed, add and stir in the **freshly squeezed citrus juice**.



Keep stirring until the **sugar** completely dissolves into the **fruit juice** and the **juice** starts to bubble about like this.



9. Add the **pitted cherries**, **blueberries** and **cut peaches** to the pan.



Add a good shake of ground cinnamon, 1 teaspoon (or a generous splash) vanilla extract and 1-2 handfuls of dried fruit (I used 2 handfuls of dried cranberries).



10. Stir the **ingredients** together with a spatula,...



...and cook until the **juice in the pan** comes to a bubble. Then...



...turn off the stove heat, move the pan to a cool burner, and...



...either use the **fruit topping** right away or...



...let it cool until it is safe enough to touch.

Then spoon the **fruit topping** into a container, and refrigerate for future use.



© 2013 Bruce Tretter
Gotta' Eat, Can't Cook
"Show Me How" Video & Picture Book Recipes