

Warm Apple Cranberry Fruit Topping



TIPS:

I. How to use this warm fresh fruit topping:

This fresh, fully flavorful and very quickly cooked warm apple cranberry fruit topping goes great 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 or cranberries aren't available? No problem at all. The recipe, with its preparation and cooking techniques, is really a base recipe that can be adjusted very easily to meet your specific ingredient and personal flavor preferences. For example, instead of apple, you can use pear (or any other fruit). The instructions here showing how to prepare apples apply identically to pears. You can also substitute cranberries with blueberries, blackberries, strawberries or any berry, but if you do that, add them to the pan after step 8 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 Honey Crisp apples here but any apples will work)

Citrus Juice (I'm using the freshly squeezed lime and orange juice that you see in the glass jar

below, but any fruit juice, even store bought orange, apple, cranberry - or any flavor - juice will work fine)

1 Tablespoon Butter

Dash of Salt

Shake of Ground Cinnamon

Fresh Cranberries

1 Tablespoon Jam (I'm using fig jam but any jam will work)

1 Tablespoon Vanilla Extract

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



Equipment

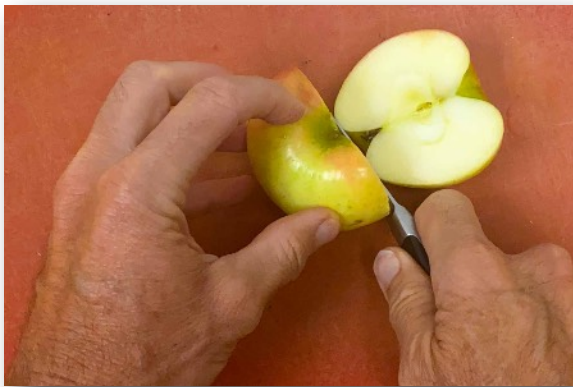
Cutting Board
Small Sharp (Paring) Knife
Frying Pan
Tablespoon
Spatula or Large Spoon



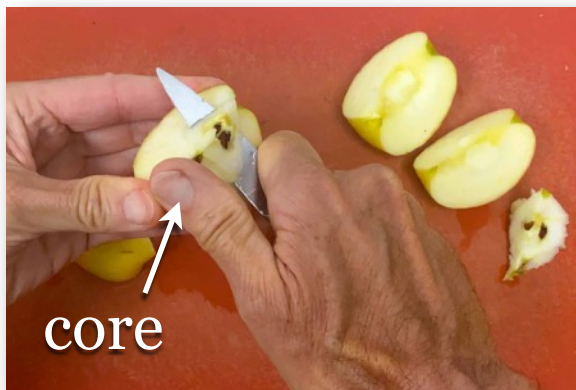
1. Give **2 apples** a hand-scrubbing rinse with cold tap water.



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**.



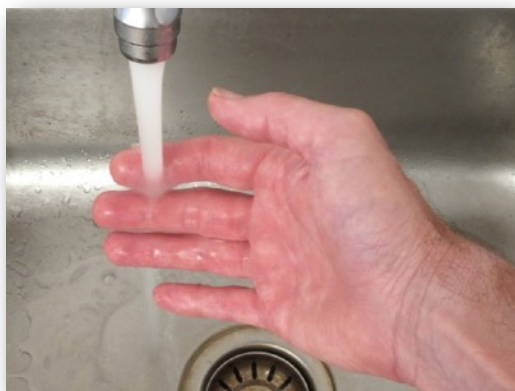
If needed (it was needed here), rotate the **sliced apple quarters** 90 degrees so that the **slices** are parallel with the cutting board, cut the **apple slices** in half lengthwise so that you make something that looks like apple matchsticks, and then cut the **slices** in cross section into **small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



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



3. 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.



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



...lift the pan off the stove and roll your wrist to spread the **butter** back and forth and around the pan until...



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



5. Pour about as many **fresh cranberries** into the hot pan as shown below. Then...



...stir the **cranberries** with a spatula or spoon every 15 seconds or so until...



...the **cranberries** start to pop open as shown here.



5. Add the **chopped apples** and...



...stir them with the **cooked cranberries**.



6. Add as much **salt** in the palm of your hand as shown below and...



...along with an **even shake of ground cinnamon** that lightly dusts all the **fruit** in the pan as shown here.



7. Use the spatula or large spoon to mix the **salt**

and cinnamon into the **fruit mixture**. Then...



...add a good pour of **citrus (or other fruit) juice**, **1-2 tablespoons of jam** and **1-2 handfuls of raisins** (or any other dried fruit).



8. Stir to mix the **ingredients** in the pan. Then...



...add **a good shot (about 1 tablespoon) of vanilla extract**. **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.



9. Finish by stirring with a spoon every minute or so and cooking for another 3-5 minutes until what you have looks about as shown below.



10. Use the **topping** as you like (I'm using it with yogurt, kefir and chopped dried fruit).



II. Store **apple cranberry topping** in a container and refrigerate for at least a week.



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