

Warm Apple Fruit Topping From Simple to Exciting



TIPS:

I. **What is “simple to exciting”?** It’s improvising to make any recipe *your* own recipe to suit *your* taste and/or *your* dietary needs. This recipe is a formalized demonstration that shows how adding just 2 ingredients, fresh blueberries and raisins, adds flavor and little complexity to the base [warm apple fruit topping recipe](#). As

always, those added ingredients are just suggestions. You can substitute or mix blueberries with blackberries, raspberries or any other berry. You can substitute raisins with any other dried fruit. You can even substitute the apple with pear, peach or plum or mix and match any of those fruits and follow the same preparation steps as shown in step 1. The only difference, you'll have to remove the peach or plum seed instead of cutting out the core of an apple or pear. Bottom line regarding ingredients: just like how you use this topping, imagination is your only limit.

2. How to use this warm fresh fruit topping: This fresh, fully flavorful and very quickly cooked warm fruit topping goes great right out of the pan as a side dish or on hot or cold cereal, waffles, pancakes, French toast, yogurt, or ice cream. As mentioned above regarding ingredients, how you use this topping is limited only by your imagination.

Preparation Time: 20-25 minutes

Ingredients

2-3 Apples (I'm using Honey Crisp apples, but any apples - or other fruit - will work)

1 Container (about 8 ounces) **Fresh Blueberries**

Fruit Juice (I'm using apple cider, but any fruit juice, like orange, apple, cranberry juice works)

1 Tablespoon Butter

Dash of Salt

Shake of Ground Cinnamon

1-2 Tablespoons of Jam (I'm using fig jam, but any jam will work)

Raisins (or any dried fruit)

1 Tablespoon Vanilla Extract



Equipment

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



1. Give **2-3 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**, and 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**.



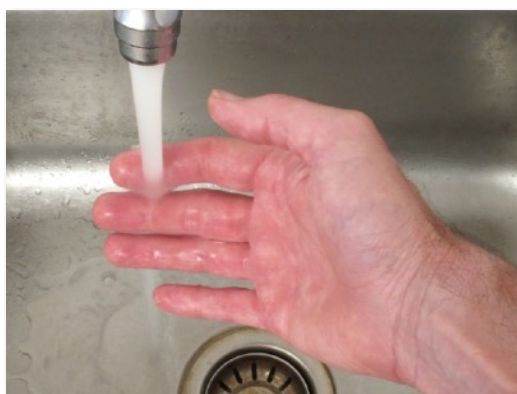
2. Rinse the **blueberries** right in their container, and let them drip-dry in the sink.



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

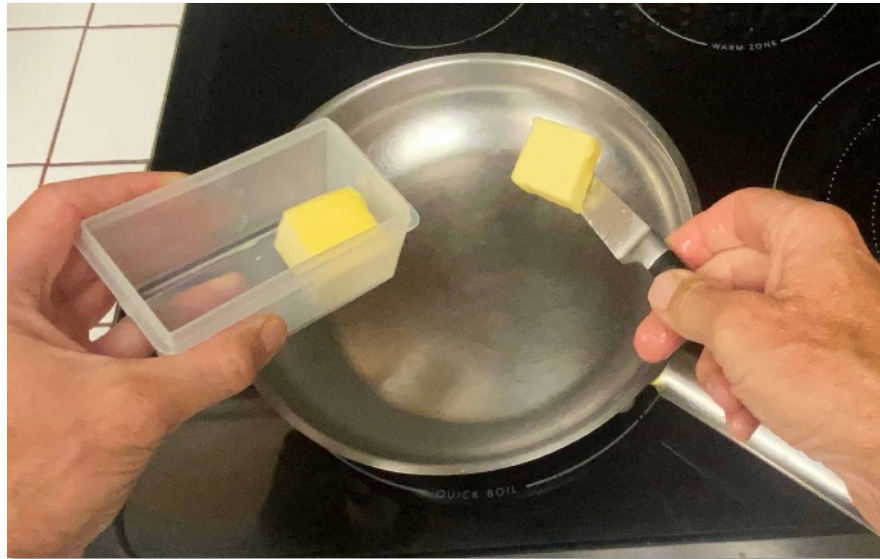


4. Check the frying pan for the proper cooking temperature by running cold tap water on your fingers and flicking the water onto the pan surface. The pan is warm enough to cook when the water evaporates with a sizzle. **NOTE:** If the water sizzles and evaporates into steam as soon as it hits the pan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



6. Add the **chopped apples**,...



...about as much **salt** as shown here, and...



...shake an **even dusting of ground cinnamon** over the **fruit** in the pan as shown below.



7. Stir with a large spoon to mix the **apple, salt and cinnamon** together. Then...



...add a **small shot of fruit juice, a good shot (about 1 tablespoon) of vanilla extract** and **1-2 tablespoons of jam.**



8. Cook for about 2 minutes.



9. Then add **blueberries** and **1-2 handfuls of raisins**.



10. Finish by stirring with a spoon every minute or so and cooking for another 2-3 minutes until what you have looks about...



...like this.



II. Store leftover **fruit topping**, once it has cooled, in a container and refrigerate for at least a week.

