

Poached spiced summer fruits



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Preparation 20 mins + chilling time | Cooking 12 mins | Serves 6

- 3 cups coconut water
- ¼ cup honey
- 2 star anise
- 1 vanilla bean, split lengthways
- 1 cinnamon stick
- 3 thick strips of orange rind
- Juice of 1 orange
- 2 just ripe peaches, cut into thick wedges
- 6 just-ripe apricots, halved and stones removed
- 2 just-ripe nectarines, quartered
- 200g plump cherries
- Thick Greek-style natural yoghurt, to serve

STEP 1 Combine coconut water, honey, star anise, vanilla bean, cinnamon stick and orange rind and juice in a large saucepan. Cover and bring to the boil, stirring occasionally, over medium heat. Add peaches, apricots and nectarines to pan. Reduce heat, cover and gently simmer for 4-5 minutes until just tender. Add cherries to the pan. Using a slotted spoon, transfer fruit to a heatproof dish.

STEP 2 Bring coconut water mixture back to the boil over high heat. Reduce heat and gently boil until reduced by a half. Remove from heat. Set syrup aside to cool.

STEP 3 Pour cooled syrup over fruit. Cover and chill for 1 hour or until ready to serve. Serve with thick Greek-style natural yoghurt.