

Baked fruit salad with caramelised pecans

COOKING
LOVERS TESTA



Consejo del chef

Serve our baked fruit with caramelised pecans and some plant-based yogurt.

Raciones para 4

For the fruit salad:

200 gr Strawberries

100 gr Blueberries

2 Apples

2 Peaches

2 Tablespoons of coconut sugar

2 Half orange juice

1 Teaspoon of ground cinnamon

1 Teaspoon of powdered ginger

1/2 Teaspoon of ground cloves

For the caramelized pecan nuts:

200 gr Pecan nuts

70 Coconut sugar

4 Tablespoons of water

20 Margarine

- 1 Wash and cut the fruit to taste.
- 2 Spread them on a platter suitable for the oven (except blueberries).
- 3 Add the orange juice, sugar, and spices.
- 4 Toss well and bake for 15 minutes at 170 °C.
- 5 Then, add the blueberries and bake for 7 more minutes. Remove it from the oven and set it aside to cool.
- 6 For the pecans, put the sugar in a skillet with water over medium heat.
- 7 Stir until it thickens.
- 8 Add the nuts and stir until all the liquid evaporates.
- 9 Add margarine and toss for a couple of minutes over high heat to brown.
- 10 Spread on a tray or dish and set aside to cool.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/macedonia-horneada-nueces-pecanas-caramelizadas-2/>

