

## Fresh fruit salad with stock syrup

### Ingredients

4 or 5 fruits

(Choose from pineapple, mango, melon, passion fruit, raspberries, strawberries, apple, pear, banana, peach, plum, nectarine, cherries)

Stock syrup

100g sugar

50ml water

★ Aim Higher

Try flavouring your syrup by adding fresh mint, lemon or lime zest, cinnamon or star anise.

### Equipment

All equipment is provided by school

**\*DON'T FORGET TO BRING A CONTAINER AND LID FROM HOME\***

### Method:

1. Start by making the stock syrup. Add the sugar and water to a pan with your chosen flavouring. Bring to the boil and simmer for 5 minutes until syrupy. Set to one side and leave to cool.
2. Prepare the fruits and mix with the cooled syrup.