

## Poached tamarillos in honey and vanilla syrup



Photography by Andrew Young

### Preparation Time

10 minutes

### Cooking Time

10 minutes

### Ingredients (serves 4)

- 8 red tamarillos
- 1 vanilla pod
- 1 cup (220g) caster sugar
- 1 cup (250ml) water
- 2 tbs honey
- 4 light ice cream slices

### Method

1. Cut a cross in each tamarillo. Blanch in boiling water for 30 secs then refresh in cold water. Peel the skins and slice into 1cm rounds.
2. Halve vanilla pod and scrape seeds into a saucepan. Add pod, sugar, water and honey. Stir over low heat, without boiling, until sugar has dissolved. Increase heat and simmer uncovered, for 5 minutes. Add tamarillo slices and simmer for 2 minutes. Allow to cool in syrup.
3. Serve fruit and syrup over ice cream.

### Notes

- 

### Source

Fresh Living - 5 September 2005, Page 42  
Recipe by Jess Sly

### Nutritional information

This information is per serve.

<b>Protein</b>	<b>Dietary Fibre</b>
-	-
<b>Fat Total</b>	<b>Energy</b>
1.50g	1400kJ
<b>Fat Saturated</b>	<b>Sodium</b>
0.50g	-
<b>Carbohydrate Total</b>	<b>Cholesterol</b>
76.00g	-
<b>Carbohydrate Sugars</b>	
-	