



# Seasonal Fruit Platter

**Season:** All

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** seasonal fresh fruit of any kind

You can create a seasonal fruit platter of any time of year – the only limit to this dish is your imagination.

## Equipment:

clean tea towel  
chopping board  
cook's knife  
melon baller  
skewers (for making large kebabs)  
toothpicks (for making miniature kebabs)



## What to do:

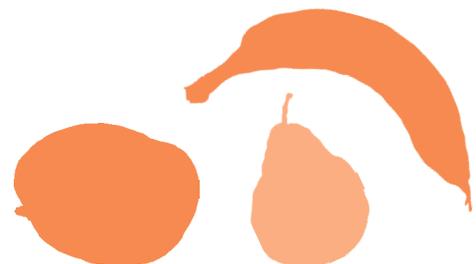
### Decide what fruit you will use:

This may be harder in summer when there is an abundance of fruit in different varieties. Take a look at what is available in the garden and think about the combinations of *flavours* as well as *textures*.

1. Melon goes well with orange, pear and strawberries.
2. Stone fruits such as nectarines, peaches and apricots always go well together, but you may want to add a 'surprise' ingredient such as apple or pear.
3. Pineapple and banana are best friends.
4. Remember that savoury fruits can be added to bring another dimension to your fruit platter – thin slices of cucumber, for example.
5. Pomegranate can be used to scatter over the top of any platter.
6. Don't forget edible flowers like calendula and verbena.

### Decide how you will present your platter:

1. In thin slices that can be 'sandwiched' together (especially good for large, firm fruit like melon and pear)?
2. In bite-sized chunks for people to simply pop into their mouths?
3. In small balls?
4. In kebabs?





**What herbs can you add?**

1. Mint goes with just about any fruit.
2. Coriander and pineapple go well together.
3. Try fresh lemon balm or pineapple sage.

**What flavours or seasoning can you add?**

1. How about shaved coconut over a tropical platter?
2. Make a citrus dressing with lemon, lime and/or grapefruit juice.
3. Balsamic vinegar brings out the sweetness of strawberries.
4. A sprinkling of nutmeg can set off stone fruits.
5. Cinnamon and apple go very well together.
6. Think about ground cardamom, cloves, ginger, star anise ...
7. Honey is generally a winner drizzled over just about any type of fruit.
8. Don't forget salt and pepper – watermelon loves pepper while a tiny sprinkling of salt over pineapple creates a sweet and sour flavour.

