

# ELDERFLOWER MARINATED FRUITS IN A MELON BASKET

Serves: 4      Preparation time: 20 minutes



## INGREDIENTS

- 1 large melon or water melon  
(about 2kgs/ 4 ½ lbs in weight)
- A mixture of raspberries, blackberries, blueberries, strawberries, about 500 grams/1 lb in weight
- Handful of red and green grapes
- 1 mango or papaya
- 2 kiwis peeled
- Pineapple slices if you have any around
- 3 tablespoons of elderflower cordial
- 4 tablespoons of water
- 1 large orange, for juice.

## EQUIPMENT

- Knife
- Chopping board
- Bowl and spoon
- Spoon
- Fridge

## TOP TIPS

Any fruits can be used, but make it as colourful as possible, and preferably not apples as they discolour very quickly. Fresh fruits are a wonderful source of vitamins for the body and are really refreshing as well.

## METHOD

1. Take a large bowl to the side of your chopping board. Mix the elderflower cordial and water together, and put into the bowl.
2. Peel and chop the mango or papaya, the kiwis and the pineapple. Put into the bowl and stir around a little. Take the grapes off their stalks, cut in half and place in the bowl. Put the raspberries, blueberries into the bowl. Cut the strawberries in half and place in the bowl. Stir, to make sure all the fruit is marinated in the elderflower mix. Place in the fridge.
3. Take the melon on to your board, and slice off a small piece of skin at the bottom, so that the melon stands up.
4. Cut down the melon just off mid-centre down to about half way. Do the same on the opposite side, keeping the cuts even.
5. Horizontally cut the melon to meet the downwards cuts on each side, and remove the segments.
6. Empty the middle of the melon, leaving about 1 inch around the circumference to form the basket.
7. You can chop the non seeded fruit into pieces to put into the rest of the other fruit. Squeeze over the orange juice. Try not to cut the 'handle' of the basket. Show some skill here!
8. Mix the fruit in the bowl again, and then pour into the melon basket.