The Blackboard

CHOCOLATE

DIPPED FRUIT

Preparation time: 30 minutes

Use: wire rack or toothpicks and a block of polystyrene or two halves of a watermelon to support the dipped fruit

Makes: about 100 pieces

100g (3½ oz) milk chocolate, broken into pieces preferably 34% cocoa solids,

100g (3 $\frac{1}{2}$ oz) good-quality white chocolate, broken into pieces

100g (3 1 / 2 oz) Maya Gold, or a good-quality dark orange chocolate, broken into pieces

12 strawberries, stems in place

2 ripe kiwi fruit, sliced

12 cherries, stalks in place

1 pineapple, cut into triangular pieces

2 bananas, sliced at an angle

2 mangoes, sliced

1 punnet Cape gooseberries

2 dragon fruit, sliced into quarters, skin on

Melt the three chocolates separately in heatproof bowls suspended over a saucepan of barely simmering water. Take extra care with the white chocolate: you may want to melt it over a saucepan of boiled water off the heat. Leave to cool for about 5 minutes before dipping the fruit.

You can use toothpicks to skewer the prepared fruit, dipping the pieces so that each one is half-covered with chocolate, then stick them in the polystyrene or watermelon to set. Alternatively, hold the fruit with your fingers, dip in the chocolate and leave them to set on a wire rack. Continue until all the chocolate is used up.

Once dipped, do not put the fruit in the fridge otherwise the chocolate will lose its shine.

HINT: You can also freeze the prepared fruit before dunking it in the chocolate and then return it to the freezer on a tray lined with greaseproof paper for a sweltering, summer's day treat.

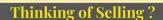








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From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career both as a Fine Dining Chef and as a Hospitality Consultant.