

MACERATED FRUIT

YIELD: 60 servings (1/2 cup per serving)

Chef Vanessa LaBranche

Macerated fruit is a simplistic way of extracting the natural juices with the addition of sugar and lemon juice. As the fruit sits, it softens and the juices naturally come out, creating a beautiful sauce that still clings on with the fruit. Try this as a topping on pancakes, yogurt parfaits and even in savory applications such as grilled chicken or fish.

INGREDIENTS

- 7 ½ pounds of mixed fresh fruit (Strawberries, blueberries, raspberries)
- 1 ¼ cups of sugar
- ½ cup of fresh lemon juice

DIRECTIONS

1. Place the fruit into a large non-reactive bowl. Add the remaining ingredients and toss to coat evenly.
2. Allow to stand for 30 minutes up to an hour. Use immediately or place into a container with a lid until ready to serve.

RECIPE NOTES - MACERATED FRUIT

Nutritional information per serving*: 42 calories; 0.21 g sat. fat; .75 mg sodium; 10 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*