



PRIZE  
TESTED  
RECIPES

## Fresh Summer Salads

File under Salads  
July 1987



**\$50 WINNER** Mrs. Cyndi Veth, Bremerton, Wash.

### Anise Marinated Fruit Bowl

Cyndi tells us that this recipe is always a winner at potlucks and parties. And we agree. The delicate marinade adds an exquisite flavor to the colorful fruit—

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| 2 tablespoons aniseed                   | 1 orange, peeled, sliced, and quartered        |
| 1 cup water                             | 1 nectarine, cut into thin wedges              |
| $\frac{3}{4}$ cup sugar                 | 1 plum, cut into thin wedges                   |
| 1 tablespoon lemon juice                | $\frac{1}{2}$ cup seedless red or green grapes |
| $\frac{1}{2}$ of a small pineapple      | $\frac{1}{2}$ of a lime, sliced                |
| $\frac{1}{2}$ of a small honeydew melon |  |
| $\frac{1}{2}$ of a small cantaloupe     |  |

Place aniseed in the center of an 8-inch square of several layers of cheesecloth. Bring edges together; tie with string. For marinade, in a small saucepan combine the aniseed bag, water, sugar, and lemon juice. Bring to boiling, stirring till sugar dissolves. Cook, uncovered, over medium heat for 5 to 7 minutes or till golden and the consistency of a thin syrup (should have about 1 cup syrup). *Do not* remove bag. Cool syrup slightly.

Wash and peel pineapple; remove eyes and core. Cut fruit into bite-size pieces. With a melon baller, scoop balls from honeydew melon and cantaloupe.

In a 3- or 4-quart bowl combine fruits (should have about 9 cups fruit total). Add syrup; toss till fruit is well coated. Marinate, covered, in the refrigerator several hours or overnight, stirring occasionally. Remove aniseed bag. Serve on cabbage- or lettuce-lined plates. Makes 10 servings.

**Nutrition information per serving:** 119 cal., 1 g pro., 30 g carbo., 1 g fat, 0 mg chol., 6 mg sodium, 2 g dietary fiber. U.S. RDA: 21% vit. A, 55% vit. C.

Photographs: Scott Little