



Autumn fruit salad with thyme and ginger Gordon Ramsay

SERVES 4

Serve this as a light and healthy dessert or as part of a breakfast spread. Put out a large bowl of yoghurt to serve alongside if you wish.

3-4 ripe plums
1 red apple
1 green apple
2 ripe pears

For the thyme and ginger syrup
1 vanilla pod, split lengthways and seeds removed
1 star anise
½ tsp coriander seeds
A few sprigs of thyme
3cm fresh ginger, peeled and sliced
100g caster sugar

1 Begin by making the thyme and ginger syrup. Put all the ingredients in a pan, along with 100ml water, and stir over a low heat until the sugar has dissolved. Increase the heat to a simmer and cook for about 10 minutes until the syrup has thickened slightly.

2 Meanwhile, cut the plums in half and remove the stones. Quarter and remove the cores from the apples and pears. Place all the fruit in a large heatproof bowl. While it is still piping hot, pour the syrup over the fruit and toss to coat. Leave to cool, then chill for at least 30 minutes before serving.

Recipe taken from *Cooking for Friends*, published by HarperCollins on September 15. Text © Gordon Ramsay 2008