

Kiwi, Blueberry & Pear Fruit Salad with Blueberry-Orange Sauce



2 ripe kiwi, peeled, cut in half lengthwise then sliced

1 cup (approx) ripe (or thawed frozen) blueberries, divided into halves

1 ripe (but not overripe) bosc pear, cut into bite-size chunks, skin left on

1-2 small mandarin oranges or other juicy, sweet orange (such as blood orange or red cara cara), tangelo or tangerine, cut in half, plus grated zest

2 T - 1/8 cup dark (Grade B preferable) maple syrup and/or agave nectar (I used blue agave but any variety should work, esp if combined with the maple syrup)

powdered coriander to taste (optional)

pecans or walnuts, toasted, whole or broken in to pieces, for topping (optional)

Put prepared kiwi slices into a bowl with half of the blueberries and the pear chunks. Squeeze the juice from 1/2 of the mandarin orange over the fruit and lightly sprinkle ground coriander on top, as well as some freshly grated orange zest (surface of rind) if desired; toss all ingredients gently. Drizzle with Blueberry-Orange Sauce (below); if desired, top with toasted pecans or walnuts just before serving. Serves 2 as a dessert or side-dish (or breakfast, lunch, etc...) You can substitute or add other fruits according to availability and preference, such as strawberries, bananas, etc.

Blueberry-Orange Sauce

In a microwave-safe measuring cup or bowl smash approximately 1/2 cup of the remaining blueberries with a fork, then squeeze juice and pulp from other half of the orange into cup, and some fresh orange zest. Add a couple of tablespoons of the maple syrup and/or agave, and a dash of coriander if desired, and mix thoroughly, continuing to smash blueberries if they are not already soft and broken-down. (Show them no mercy, no matter how much it hurts.) Put the cup or bowl with the sauce in the microwave and heat on low 1-2 minutes, stirring as necessary. Sauce should be not overly-sweet or gummy, and have a rich, deep blue-ish ruby-red color. You can strain out the blueberry skins but I prefer to leave them in; they add to flavor and color. The sauce thickens very quickly as it cools into an almost jelly-like consistency; if you want it to be a little thinner, simply squeeze in a bit more of the orange juice and stir. There will be more sauce than you need for the fruit salad, so store any left over in refrigerator.

Note: If you don't wish to make the sauce from scratch, squeeze fresh orange juice and zest into ready-made blueberry jam, stir and heat as directed above. -*Janice Janostak-*

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