

# Hawaiian Fruit Ambrosia with Dianthus Petals

*Preparation time: 25 minutes*

*Yield: 6 servings*

## INGREDIENTS

- 1 1/3 cups vanilla sugar syrup (see recipe below), chilled
- 2 teaspoons each: fresh lime juice, orange zest
- 2 cups each: 1/3-inch diced golden sweet pineapple, diced ripe mango, quartered strawberries
- 2 medium bananas, thinly sliced
- 1/4 cup sweetened coconut
- 1 tablespoon shredded dianthus petals
- 1 cup lightly sweetened whipping cream topped with shredded dianthus petals, optional

## INSTRUCTIONS

1. Combine syrup, lime juice and zest in large bowl. Add pineapple, mango and strawberries. Toss until fruit is coated. Can be served immediately or chilled for several hours.

2. To serve, stir in bananas. Sprinkle with coconut and petals. Pass family-style along with whipping cream with dianthus petals, if using.

## Vanilla Sugar Syrup

*Preparation time: 5 minutes Cooking time: 5 minutes Yield: 4 cups*

## INGREDIENTS

- 1 cup plus 2 tablespoons sugar
- 4 cups water
- 1 6-inch vanilla bean, split lengthwise

## INSTRUCTIONS

Heat sugar, water and vanilla in pot over medium-high heat. Heat to boil; cook, uncovered, until thickened, about 5 minutes. Cool to room temperature; refrigerate up to 3 weeks. Remove vanilla bean before using. You will have some leftover syrup, which is perfect for fruit compotes.

**Source:** *Abby Mandel. Chicago Tribune, May 23, 2004*