

Gill's Gourmet Gallery

Persimmon fruit with cardamom & ginger syrup

Ingredients:

4 persimmon
1 tablespoon runny honey
Teaspoon of golden syrup
25g raisins
1 level teaspoon cardamom
Shake of ginger powder
25g chopped walnuts

Method:

Cut the top of the persimmon and save.
Cut a little off the bottom of the fruit, this enables the fruit to stand up.
Scoop out the flesh of the fruit leaving a little around the sides.
Cut the flesh into small pieces.
Place the pieces in a bowl and combine with cardamom, ginger, syrup, honey, raisins and walnuts.
Fill the fruit skins and place in an ovenproof dish.
Place the tops on the fruit and bake in the oven 180C fan for 40 minutes.
Serve hot or cold with cream.

