

CARMELISED FRUIT

<i>Ingredients</i>	<i>Equipment</i>
2 Teaspoons Nuttelex	Frypan
1 Cup of Fruit Sliced	Cup and Spoon Measures
2 Teaspoons Brown Sugar	Small Mixing Bowl
2 Teaspoons Water	Vegetable Peeler
¼ Teaspoon Nutmeg	Chopping Board
¼ Teaspoon Cinnamon	Knife
Pinch of Salt	Wooden Spoon

What to do

- 1. Get out all required equipment.**
- 2. Weigh and measure ingredients**
- 3. Peel (if necessary) and slice fruit.**
- 4. Melt the Nuttelex in a frypan over a moderately high heat until foam subsides, then sauté sliced fruit, shaking the pan for 1 minute.**
- 5. Remove pan from the heat and sprinkle the brown sugar around the fruit.**
- 6. Return pan to heat and continue to sauté shaking occasionally, until sugar begins to melt, about 30 seconds.**
- 7. Add the water, nutmeg, cinnamon and a pinch of salt and cook over moderate heat, shaking occasionally, until the sauce is slightly thickened, 1-2 minutes.**
- 8. Use as required.**