



UNIT 9 / PRACTISE 4

Fruit Salad

Ingredients

For five persons

- 0,200 kg oranges
- 0,200 kg pineapple
- 0,200 kg red grapes
- 0,200 kg apples
- 0,200 kg pears
- 0,200 kg strawberries
- 0,100 kg bananas
- 1 bunch of fresh mint
- 1 fresh lemon

Notes

Fruit salad likes to be marinated with spirits such as orange liqueur or cherry brandy. Please use just before serving, fresh mint or crushed peppercorns (red and green) are popular garnishes.

Directions

1. Fillet oranges and peel them with a knife so that the white skin is also removed. Knife cut into fruit flesh between the skins that the skinless flesh is removed. The conjunctiva is used to make fruit juice.
2. Cut off the skin of the pineapple so that the yellow pulp is visible. Remove brown eyes.
3. Cut pineapple into quarters lengthwise, remove woody stalk and cut into small pieces.
4. Peel apples and pears, remove core and cut into thin slices. Sprinkle the flesh with lemon juice so that the pears and apples do not turn brown. Cut grapes in half lengthwise and remove seeds.
5. 5. strawberries that are washed, removed from the stem and cut in half, add only at the end, so that the other fruits do not take the red color of the strawberries.
6. Peel banana and fold in. Melon can also be portioned during the season visually beautiful with a ball cutter.





**Co-funded by
the European Union**

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them."

"Von der Europäischen Union finanziert. Die geäußerten Ansichten und Meinungen entsprechen jedoch ausschließlich denen des Autors bzw. der Autoren und spiegeln nicht zwingend die der Europäischen Union oder der Europäischen Exekutivagentur für Bildung und Kultur (EACEA) wider. Weder die Europäische Union noch die EACEA können dafür verantwortlich gemacht werden."



CC BY-NC-SA 4.0 DEED

Attribution-NonCommercial-ShareAlike 4.0 International

This document was created as free learning and teaching material (Open Educational Resource) and is licensed under Attribution-NonCommercial-ShareAlike 4.0 International. To view a copy of this license, visit

<http://creativecommons.org/licenses/by-nc-sa/4.0/>