

Fresh Fruit with Sour Cream, Shortbread & Honey

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

This recipe is great to make when you just don't feel like cooking, yet you still want to serve something sweet. Feel free to experiment and try using amaretto cookies or biscotti instead of shortbread. Instead of sour cream or cream fresh, you could use some ricotta cheese or mascarpone. For the fruit, you could also try grilling some peaches on the barbecue.

Step 1: Preparing the Fruit

- 2 to 4 cups fresh fruit*
- The fruit you use is completely up to you. In the summer, you can use nectarines, peaches, and a mix of fresh berries. Mangoes, plums and even bananas or poached pears also work well.

To prepare the fruit, simply wash and cut. Dice it up or slice into wedges or strips.

Step 2: Gathering Your Mise en Place

- 1 to 2 cups sour cream (500 ml)*
 - 8 to 12 all-butter shortbread cookies
 - 3 to 5 tbsp quality honey**
- Break and crush up the cookies into smaller pieces (not too small – just a bit).
- *The sour cream can be substituted with crème fraîche. Yogurt can also be used, but the tartness of the sour cream or crème fraîche adds a really nice contrast to the fruit, cookies and honey, so don't be afraid to try it. It is best if it is FULL FAT sour cream and not "low" or "no-fat".

**The honey you use will make quite an impact on the dessert, so try a different honey such as a good quality raw honey or even a nice blackberry honey.

Step 3: Assembling the Dish

To assemble the dish, simply divide the fruit into bowls. Top with a few dollops of sour cream and then sprinkle each with a bit of the crumbled cookies. To finish, drizzle with a bit of the honey over top and serve.