



Natural Fruit Desserts





NATURAL FRUIT DESSERTS

Many of the ideas and actual words for this article come from Lee Bailey's "Country Weekends," 1983, Gramercy Books. Look for this or others of his cookbooks for beautiful and creative menus and recipes. When making these desserts for a person on the Specific Carbohydrate Diet, be sure that all ingredients are free of sugars. Nuts should be unsalted because starches are added to help the salt adhere. Bananas need to be speckled to be SCD legal.

Aside from their visual impact, these desserts are vastly appealing because they need no refined sugar. Of course, you could add a small quantity of honey, but they really can stand on their own. They should, of course, be made when fruit is at the height of its season and therefore filled with natural sugar, and always be topped with a puree. You may also use some sort of citrus grating or zest to top them off. It is surprising how much these two elements add to the overall taste of the finished dessert, especially the small bits of sharp citrus. To get a good piece of lemon or orange zest, use a vegetable peeler and remove some of the skin. Turn it over and use the peeler again to remove the white pith on the underside. Now you are ready to finely chop or cut it into strips.

When making a puree, I usually use two kinds of fruit or one fruit combined with another fruit juice. One fruit can be dried if you like a thicker puree. Also important is lemon, lime, or orange juice – freshly squeezed is best. This adds flavor and keeps the colors bright. I don't use grated lime skin often because it can be bitter instead of zesty. Some fruits such as peaches or pears should be rubbed with lemon juice as soon as they are peeled to keep them from turning dark. A delicious puree can be made from ripe pears and dried apricots, with lemon juice. Another beautiful and delectable one is made from strawberries and blueberries with lemon juice.

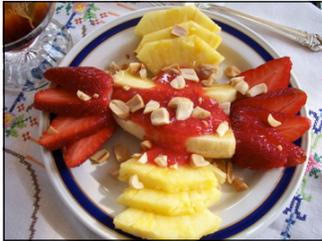
Composing these desserts is like composing a picture. Have all the elements handy and get to work, tasting as you go. Make notes on combinations you like. It is easy to forget a key ingredient, and for these to be right, every element is important.

Each recipe serves one person.





THE INSTRUCTIONS...



- 1 -

“Banana Split Dessert”

Pineapple, banana and strawberries
Puree of strawberries and lemon juice
Sprinkle with roughly chopped unsalted peanuts

Buy a small, very ripe pineapple without any soft spots and cut off the bottom. Cut another slice about 2 inches higher. On the piece, cut off the brown skin. Remove any brown “eyes” that may remain. Cut in half and remove the core, then cut into desired shapes. Select a small to medium size lightly speckled banana with an unblemished skin. Cut in half and peel one half. Cut piece in two, lengthwise. Rub slices in the juice left from the pineapple to prevent browning. Select 2 large juicy strawberries and cut off the stem end. Make 3 or 4 slices, almost cutting through to the top, then press strawberry slightly so it creates a fan shape.



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Pineapple, orange and banana

Puree of pear with lemon juice and fresh orange juice
Cubes of California date (no sugar added)
and chopped pecans
Sprinkle with tiny strips of orange peel

See instructions above for buying and peeling a serving of pineapple. Peel one orange, using half and use one half lightly speckled banana. As soon as you peel and slice the banana, rub it up against the pineapple or the orange to prevent browning. Wash a large Medjool or other type of date and remove pit. Examine the inside to see if it needs rinsing. Cut into long slivers, then cut each sliver into 2 or 3 pieces.



-3-

Pineapple and grapes
Puree of strawberries and lemon juice
Sprinkle with tiny strips of lemon rind

See instructions on recipe #1 for buying and peeling a serving of pineapple. Use the best seedless red grapes or champagne grapes that look fresh and almost ready to burst with goodness. Put the strawberry puree on the plate before arranging the fruit.

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Red watermelon, blackberries and blueberries
Puree of pear with lemon juice and fresh orange juice
Sprinkle with tiny strips of lemon rind

Select a small seedless red watermelon that feels heavy for it's size and has a yellow area, showing that it was ripened in the field. Cut it in half. Lay the half cut-side down and slice into 6 or 7 half-rounds. Cut fruit away from the rind, reserving the ends for another use. Rinse and dry perfect blueberries and blackberries. Leftover strips of citrus rind may be frozen for future use.



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Grapefruit and orange
Puree of blueberries and fresh orange juice
Small cubes of dried apricot and strips of lemon zest
Sprinkle with slivered almonds

Buy a nice sized ruby grapefruit that feels heavy for it's size. This will ensure that it is juicy. Cut off the top and bottom. Set it on one of these flat sides and slice down the outside, all around, removing the peel. Be sure to cut away all the white pith. Hold the peeled grapefruit in your hand over a bowl. Take a knife and gently cut out each section, leaving behind the tough dividing fibers. Peel an orange and slice. Our blueberry puree was fairly thick, so we mounded it in the center of the fruit.



THE INSTRUCTIONS...
(continued)



-6-

Apple slices, blueberries and dried light colored figs
Puree of strawberries and lemon juice
Sprinkle with chopped date, chopped pecans and chopped lemon zest

Choose a sweet, juicy apple such as a Fuji. Cut in half, core and peel one half. Slice into 5 or 6 slices and quickly rub with lemon or pineapple juice to prevent browning. Rinse and dry perfect blueberries. Select 2 dried figs and cut into thin slices. If making this dessert in a bowl, put the puree in the bowl first, then place the fruit on top of it.



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Honeydew and blueberries.
Puree of strawberries and lemon juice
Dried apricot cubes and California date slivers
Sprinkle with tiny strips of orange peel

Select a honeydew melon that seems heavy for it's size and doesn't have any soft spots. Cut out a few wedges and remove peel and harder portion of fruit near peel. Cut wedges in half. Wash and dry perfect blueberries. Wash one large Medjool or other type of unsweetened date and remove the pit. Open and rinse if necessary and cut into 8 to 10 slivers. Cut 1 medium or 2 small apricots into cubes.



-8-

Pineapple, strawberries, blueberries and blackberries
Puree of strawberries and lemon juice and
puree of pear with lemon juice and fresh orange juice

Follow instructions on recipe #1 for buying and peeling a pineapple serving. Select 2 or 3 juicy red strawberries. Rinse, dry and cut off the stem ends. Slice. Wash and dry perfect blueberries and blackberries. Before arranging fruit, spoon strawberry puree on one side of the plate and pear puree on the other side. Place fruit on top.



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“Moroccan Orange Salad”
Oranges and date slivers
Puree of pear with lemon juice and
fresh orange juice, if desired
Sprinkle with slivered almonds and slivers of mint
leaves
May dust with cinnamon, if desired

Choose an orange that feels heavy for it's size, to ensure juicy fruit. Begin peeling by cutting off a flat piece at the top and then continuously cutting around in a circle, removing white pith, creating a “monkey tail.” Slice orange. Wash 1 or 2 California dates such as Medjool dates and remove pits. Examine the inside and rinse if needed. Cut into 8 to 10 slivers each.

