

Picandou Honey-Fig breaded with gingerbread and dried fruit salad



Informations

People : 4

Preparation : 30 min.

Cooking time : 30 min.



Ingredients

- 4 Picandou Honey-fig
- 150 g slices of gingerbread
- 8 prunes
- 8 dried apricots
- 4 slices of dried apples
- 30 g raisins
- 30 g dried physalis (ground cherries)
- 1 cinnamon stick
- 1/2 vanilla pod
- 3 grains of Jamaican pepper
- 1 Organic Orange
- 1 Organic Lemon
- 100 g sugar
- 15 cl red wine
- 20 cl water
- 1 tablespoon almonds
- 1 sprig of mint
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Preparation steps

1. Wash the orange and lemon. Slice the lemon, and zest and juice the orange.
2. Put the sugar and red wine in a saucepan and boil for about 5 minutes.
3. Add water, orange juice and zest, lemon slices, spices, and dried fruits.
4. Cook over low heat for about 5 minutes. Cover the saucepan and remove from heat.
5. ?? **Let the fruits soak in the liquid in the refrigerator overnight.**
6. Bake the gingerbread for 15 minutes at 150°C.
7. Let it cool and then blend it into a powder.
8. Coat the Picandou Honey-Fig with the gingerbread powder and heat them in the oven for about 2 minutes at 150°C.
9. Meanwhile, arrange the fruits and cooking juice on plates.
10. Place the warm Picandou Honey-Fig on top and garnish with almonds and a few mint leaves.

? **Tip:** You can vary the dried fruits according to your preferences. For example, use mango, pineapple, and rum for a Creole touch.