

CRUNCH TIME

Fruity Waffles



Serve information: 2 different Fruity Waffles

INGREDIENTS - PEACHES AND CREAM:

1 waffle
1/2 fresh peach
1 tbsp whipped cream
1 tbsp maple syrup
1 tsp cinnamon
1 tbsp pecans

INGREDIENTS - CITRUS AND HONEY:

1 waffle
2 oranges
lemon
1 tbsp brown sugar
1 sprig of mint
1 tbsp whipped cream

EQUIPMENT:

Chopping board
Sharp knife
2 serving plates
Several spoons
Mortar and pestle
Toaster
Small serrated knife
Lemon juicer
Bowl

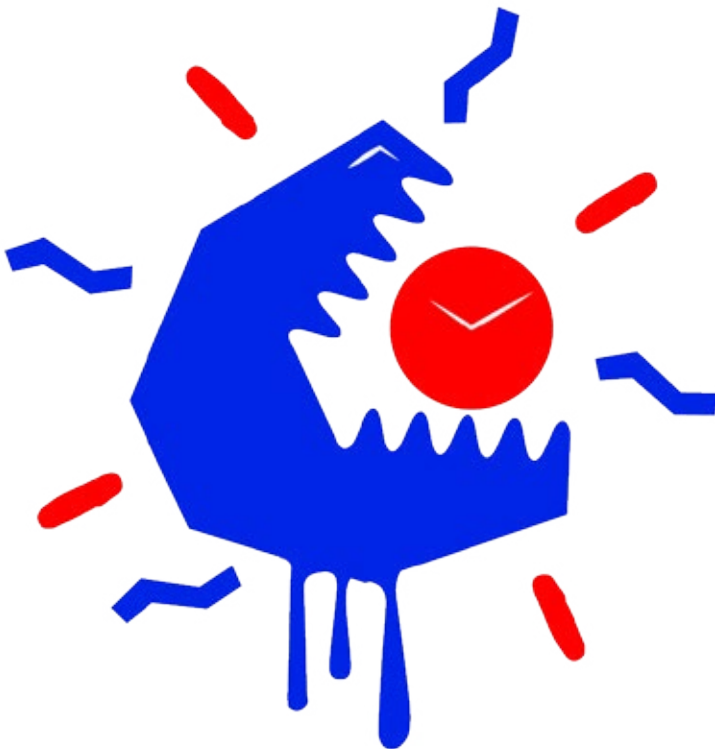


METHOD:

1. Toast the waffles
2. To make the Peaches and Cream Waffle, thinly slice the peach
3. Place the waffle on a plate and top with cream and peach slices. Drizzle with maple syrup
4. Crush pecans in a mortar and pestle and sprinkle crushed pecans and cinnamon over the top
5. To make the Citrus and Honey Waffle, cut a slice off the top and bottom of one orange. Cut the orange into segments out from in between the membranes
6. Juice the second orange. Juice the lemon
7. Combine the orange juice, lemon juice and sugar and stir until the sugar is dissolved
8. Toss the orange segments through the syrup
9. Place the waffle on a plate and top with orange segments and cream. Drizzle with honey and remaining syrup and garnish with mint leaves

ADDITIONAL NOTES:

Whip creamf



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