



STONE FRUIT SALAD

Serves: 2 to 3 people

Ingredients

1 medium peach
1 medium plum
1 medium nectarine
1 cup Captain Morgan rum (any spiced rum will suffice)
1/2 teaspoon nutmeg
1/4 teaspoon mace
1/4 teaspoon allspice
12 ounces salad greens (about 3—4 handfuls)

Procedure

Cut all fruit into 1/8 inch slices (do not peel the fruit), place in a container and set aside. In a saucepan or shallow pot, add the rum and spices, cover and bring to a boil.

When rum has come to a boil, pour over sliced fruit and chill in the refrigerator for about one hour. Place salad greens on a plate and when fruit is sufficiently chilled, spoon fruit mixture over the salad greens and serve.

This would also make a wonderful dessert. Spoon the fruit mixture over ice cream, mix the fruit with candied walnuts or pecans or just eat the fruit in a bowl by itself. The variations for the fruit mixture are endless, so use your imagination to come up with your own special creation. Bon Appetit!