

Fruit Crush

You need a blender to make this. It is extraordinarily fresh and good and fruity.

You'll need:

- 1 cup sugar
- 1 cup water
- Juice of 1 lemon
- 1 tsp tartaric acid
- 3 cups ripe fragrant strawberries (quarter them if they're large) OR
- 3 cups ripe fragrant pineapple, chopped (def not canned) OR
- 3 cups squishy ripe mulberries O
- 3 cups very ripe raspberries (pick out all beetles)

Method:

Freeze the fruit FAST i.e. don't bung it in a crowded freezer or all bunched up together. Place fruit in a plastic freezer bag and freeze in a single layer.

Use within two days or the fruit will lose a lot of its fragrance. If possible, use as soon as it's frozen.

Boil other ingredients for five minutes. Refrigerate till very cold – semi-frozen is even better.

Throw fruit in blender. Add 1 cup of syrup; turn on blender and process. Add more syrup only if the mixture is too thick for the blender to process.

Serve at once. It will be semi-frozen and slightly liquid; eat what you can with a spoon and slurp up the rest.

PS A few mint leaves go well with the pineapple; a little orange zest added to the syrup when it's cooking is good with strawberries.

Serve either hot or cold.