

Agen prunes and fresh fruit in a spicy syrup

Preparation :
10 minutes

Difficulty :
Easy



Photo : Photothèque BIP



SERVES 4



INGREDIENTS

- 16 large pitted Agen prunes (3 to 4 per person)
- For the syrup : 1 litre of water, 500g of sugar, cinammon, star aniseed, clove, vanilla pod.
- For the decoration : fruit in season (apples, pears, oranges, strawberries,...)

PREPARATION

Make a syrup with 1 litre of water and 500g of sugar and bring to the boil.

Add the cinammon, star aniseed, clove and vanilla pod.

Put the prunes in the syrup and leave to cool.

Drain off the syrup and put to one side. Stone the prunes, add the fruit and cover with syrup.



Agen prunes come from plum trees, in particular the Ente plum variety, and are grown in a defined area around the town of Agen.