

Strawberries with balsamic

Fragole con balsamico

Ingredients:

500g strawberries, washed*, hulled, cut in half

2 tbsp quality syrupy balsamic vinegar

squeeze of lemon juice

60g caster sugar

quantity low-fat vanilla ice-cream, to serve

**wash the strawberries first with their hulls on, then remove*



Method:

- 1. Prepare the strawberries:** place the strawberries into a glass bowl, sprinkle evenly with the sugar. Squeeze over the lemon juice. Toss gently to coat. Leave to stand 30 minutes.
- 2.** Sprinkle with the balsamic. Stir gently to combine. Set aside and leave to stand, covered, refrigerated, for 30 minutes.
- 3.** When ready to serve, spoon into individual dessert glasses, drizzle with the syrup. Serve with the ice-cream on the side.

Balsamic vinegar is a rich, dark, slightly sweet Italian vinegar. Made from white Trebbiano grapes, it is aged in wooden barrels (vats) for a number of years, sometimes up to 40-50. Vinegars, aged for over 100 years are not uncommon. The very best of these are made by blending very old vinegars with younger vinegars from barrels of different woods. The use of balsamic vinegar with the strawberries helps to bring out the strawberries beautiful colours and also enhance their flavour. Do be prepared to pay a bit more for quality balsamic (Aceto Balsamico Tradizionale di Modena), because the quality does vary greatly – the better the balsamic, the better the result.

