Bergamot Fruit Salad

This is a great summer fruit salad to make when there is loads of soft fruit available, the bergamot syrup really enhances the flavours of the fruits.

- 5 or 6 large bergamot leaves
- 100 g caster sugar
- 180 ml water
- 150 ml orange juice
- 100 g redcurrants or blackcurrants if these are not available
- 300 g strawberries
- 200 g raspberries
- Bergamot petals to decorate

Warm together the juice, water, sugar and bergamot leaves over a low heat. Once the sugar is dissolved increase the heat to a boil for 5 minutes until the syrup has reduced. Remove the bergamot and add the redcurrants. Simmer gently for a further 5 minutes then leave to cool.

Remove the green tops from the strawberries and halve them. Put into your serving dish with the raspberries and pour over the cooled redcurrant syrup. Decorate with the bergamot petals as an edible garnish.