



## Citrus Fruit Salad with Wild Blueberry Sabayon

### Ingredients:

2 oranges, peeled and segmented, reserve juice  
1 grapefruit, peeled and segmented, reserve juice  
1 pomelo, peeled and segmented, reserve juice  
2 limes, peeled and segmented, reserve juice  
1/3 cup (50 g) ground cherries, dried, finely chopped  
1 tsp (5 ml) maple syrup  
4 fresh ground cherries for garnish  
1 cup (150 g) frozen wild blueberries, defrosted, pureed and strained, reserving blueberries for garnish  
4 egg yolks  
1/4 cup (50 g) brown sugar  
3 tbsp (45 ml) white wine, dry  
1 vanilla bean, seeds removed  
1/4 bunch mint, leaves picked for garnish



### Preparation:

Place segmented citrus, dried ground cherries and maple syrup in a bowl. Mix to combine and set aside. Place pureed blueberries, egg yolks, sugar, reserved citrus juice, white wine and vanilla in a metal bowl, whisk to combine. Place bowl in a Bain-Marie and whisk for approximately 5 minutes, until Sabayon is thick and light in consistency. Place citrus fruit segments on a plate and spoon Sabayon over. Garnish with fresh ground cherries and mint. Tip: Dried ground cherries can be substituted with dried fruit of choice. Fresh ground cherries can be replaced with grapes or omitted.

**Preparation Time:** 20 minutes and 30 minutes for marinating

**Servings:** 4

### Nutritional value per serving:

Energy: 289 Calories; Carbohydrates: 62 g; Fat: 5.1 g; Fiber: 6.4 g; Sodium: 17 mg  
Protein: 5.8 g

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Recipe to be used in association with or credited to the Wild Blueberry Association of North America ([www.wildblueberryassociation.ca](http://www.wildblueberryassociation.ca)). For additional recipes, visuals and information or to arrange an interview or in-studio segment, please contact Susan Willemsen or Ruth Colapinto at The Siren Group Inc. Tel: (416) 461-5270. Email: [susan@thesirengroup.com](mailto:susan@thesirengroup.com) or [ruth@thesirengroup.com](mailto:ruth@thesirengroup.com). Visit [www.thesirengroup.com](http://www.thesirengroup.com) or on Twitter, Facebook and Instagram @thesirengroup.