

# Caramelised Plums

This easy-to-make dessert is perfect for showcasing the natural sweetness of plums, enhanced by the warm licorice-like notes of star anise. Serve these caramelized plums on their own, over vanilla ice cream, or alongside a dollop of whipped cream for a delicious treat.

15 frozen plums halves  
125g brown sugar  
2 tbsp unsalted butter  
2-3 whole star anise  
fresh mint leaves  
(garnish)

**METHOD.** In a frying pan, heat the sugar over medium heat. Allow it to melt and swirl the pan occasionally to ensure even melting. Once the sugar has melted, add the unsalted butter to the pan. Stir the butter into the caramel until well combined. Add the star anise to infuse its flavour into the caramel. Carefully add the plum halves, arranging them cut side down in a single layer. Allow them to cook for 2-3 minutes on each side, or until the edges turn golden. Enjoy warm, served with a scoop of vanilla ice cream and garnished with fresh mint leaves.

Notes

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