

Extra Virgin Olive Oil and Vanilla Marinated Fresh Fruit

**Gather
& Feast**

By Ashley Alexander

Three simple ingredients that turn fresh summer fruit into the most luxurious dessert. A little sugar, vanilla and a drizzle of good-quality extra virgin olive oil. Add the sliced fruit into a large serving bowl, drizzle with the olive oil, then toss it with a little sugar and vanilla for the most simple yet luxurious dessert. Served with freshly whipped mascarpone cream and then a finishing drizzle, it's a simple yet stunning summer dessert, sure to impress. It's delicious served with thick Greek yoghurt in place of the cream, or a scoop of your favourite vanilla ice cream.

SERVES 4-6 | **PREP TIME** 15 minutes (+ resting time)

INGREDIENTS

For the Marinated Fruit

- 2 tablespoons good-quality extra virgin olive oil (I've used GAEA Planet Extra Virgin Olive Oil)
- 1 teaspoon vanilla bean paste
- 2 tablespoons caster sugar
- 750g fresh berries, such as strawberries, raspberries, blackberries, and blueberries
- 3-4 fresh peaches or nectarines, sliced

- Handful of fresh cherries, pitted (optional)

For the Mascarpone Cream

- 250ml heavy/whipping cream
- 2 tablespoons caster sugar
- 250g mascarpone
- Good-quality extra virgin olive oil, for drizzling

METHOD

For the Marinated Fruit

1. In a large mixing bowl or serving bowl, add the prepared fruit, then add the good-quality extra virgin olive oil, vanilla bean paste, and sugar and toss to coat.
2. Let the fruit sit for 10-15 minutes while you prepare the cream.

For the Mascarpone Cream

1. In a large mixing bowl, whip the cream and caster sugar to soft peaks. Fold in the mascarpone until just combined.
2. Spoon the mascarpone cream onto a plate or into a bowl, then top with the marinated fruit. Finish with a drizzle of extra virgin olive oil and serve.

3. Alternatively, serve the marinated fruit with vanilla ice cream or thick, unsweetened Greek yoghurt, finished with a drizzle of the olive oil.

NOTES

Use a good-quality extra virgin olive oil, since its flavour is front and centre in this dessert rather than hidden.

Only marinate the fruit just before serving. Berries especially will release liquid and turn mushy if left much longer than 10-15 minutes.

Fruit is flexible with the seasons: try it with mango, pineapple, or plums when berries aren't at their best.

No vanilla bean paste on hand? Substitute 1 teaspoon pure vanilla extract, or scrape the seeds from half a vanilla pod.

For a dairy-free or vegan version, swap the mascarpone cream for coconut yoghurt or a dairy-free vanilla ice cream.

Leftovers: the fruit is best eaten the day it's made, as the marinade will continue to soften the fruit over time.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/extra-virgin-olive-oil-and-vanilla-marinated-fresh-fruit>

Let me know if you make the recipe! x **@gatherandfeast**