



Black Pepper Stewed Strawberries

By Dylan Sabuco

Prep Time 5 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

- Cutting board + kid-safe knife
- Small saucepan
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Wooden spoon

Ingredients

Black Pepper Stewed Strawberries

- 2 C fresh or frozen strawberries **** (for STRAWBERRY ALLERGY sub blueberries)****
- 1 C water
- 1/2 C granulated sugar

□ 1 tsp ground black pepper

Food Allergen Substitutions

Black Pepper Stewed Strawberries

Strawberry: Substitute blueberries for strawberries.

Instructions

Black Pepper Stewed Strawberries

intro

Black pepper and strawberries may sound like a combination of flavors you never wanted to try but bear with me. In the 1980s, it became a trend to sprinkle black pepper on your strawberries before eating them. This strange flavor phenomenon took Europe by storm. The pairing combines the sweet and borderline sourness of strawberries with the subtle spice of black pepper to create a new and surprising flavor. This recipe is a saucy and sticky interpretation of that trendy flavor combo.

clean + chop

Rinse and remove the tops from **2 cups of strawberries**, discarding the tops. Then, chop the strawberries into a large dice. Place all the chopped strawberries into a small saucepan.

measure + stir

Measure **1/2 cup sugar**, **1 teaspoon black pepper**, and **1 cup water** and pour them into the pan with the chopped strawberries. Place the pan on your stove top and turn the heat to high. Stir until the sugar is dissolved.

boil + simmer

Once the mixture reaches a rolling boil, immediately turn the heat to medium-low and simmer for 10 minutes, or more. The longer you boil the mixture, the stickier and jam-like the berries will become.

cool + garnish

Allow the berries and syrup to cool for at least 5 minutes before using them. Drizzle the syrup over your favorite cake or ice cream. Scoop out some strawberries from the liquid and use those on top of our French Butter and Jam Cake. Bon appetit!