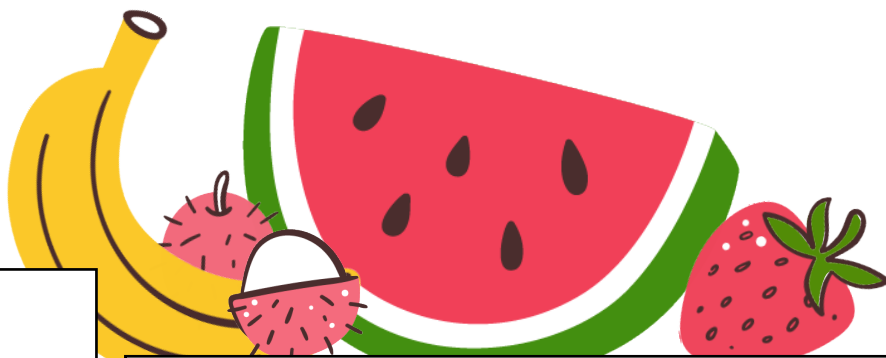


Japanese fruit skewers



Equipment

- Wooden skewers.
- A grill.
- A chopping board (green).
- A butter knife.
- A pastry brush.
- A wire rack or plate.
- An apron.

Ingredients

- Bananas.
- Watermelon wedges.
- Tinned pitted lychees, drained.
- Strawberries.
- Plum sauce.

Method

1. Soak the wooden skewers in cold water for 30 minutes, this to protect the wood from burning when put under the grill.
2. The grill should be pre-heated by an adult to a medium heat.
3. Prepare the fruit pieces ready to skewer:
 - a. Slice the bananas into approximately 1.5cm discs.
 - b. Slice the watermelon wedges into chunks.
 - c. Remove the stalk from the strawberries using a teaspoon, and then cut in half.
 - d. Cut the tinned, pitted lychees in half.
4. Thread one piece of each fruit onto the skewer at a time and then repeat, until the skewer is full.
5. Drizzle or brush the plum sauce over the fruit on the skewer.
6. Place the fruit-filled skewers under the grill using oven gloves.
7. Cook the fruit skewers for five minutes, turning them frequently so that they do not burn.
8. Using oven gloves, remove the fruit skewers from the oven and place them onto a wire rack or plate.
9. Allow the fruit skewers to cool before tasting.