

# Betty's Fresh Fruit with Dipping Sauce Recipe



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In this video, Betty demonstrates how to make Fresh Fruit with Dipping Sauce. This is a great way to use fruit in season. You may use a variety of fresh fruits and also choose to add or omit Bourbon from the dipping sauce.

## Ingredients:

- 1 ½ to 2 cups fresh peaches, peeled and sliced
- 1 ½ to 2 cups fresh red seedless grapes, washed and removed from the stem
- 1 ½ to 2 cups fresh blueberries, washed
- 1 ½ to 2 cups fresh pineapple, cut into chunks
- 2 cups sour cream
- ½ cup brown sugar
- ¼ cup Maker's Mark Bourbon whiskey (optional)
- 1 cup confectioner's sugar, or as desired

Place 2 cups sour cream, ½ cup brown sugar, and (if desired) ¼ cup whisky. Place over low to medium heat and bring just to a boil, stirring constantly. Remove from heat and allow to cool. After the initial cooling, you may continue to cool this mixture in the refrigerator. When cool, thicken by adding desired amount of confectioner's sugar. I used 1 cup confectioner's sugar, because I had added whisky, making the sauce very thin. Just add the amount that makes the consistency what you would like for dipping fresh fruit. While you are waiting for the sauce to cool, prepare your fresh fruits. I used 1 ½ to 2 cups of chunked fresh pineapple, 1 ½ to 2 cups fresh blueberries, 1 ½ to 2 cups peeled, sliced fresh peaches, and 1 ½ to 2 cups fresh red seedless grapes. You may use different fruits; also, you may use more or less fruits than I chose. When the fruits are prepared, place them on a sectioned plate, with the individual fruits placed along the outer edge. Pour the completed sauce in the center section for dipping. If you don't have a sectioned (chip and dip) plate, you may combine all fruits together into a large bowl, and serve the fruit onto individual serving plates. You may spoon the dipping sauce alongside the fruit. Plastic cocktail toothpicks are convenient for dipping and eating fruit. This is a refreshing combination of fruit for summer, even if you choose not to provide the dipping sauce. Enjoy!!! --Betty ☐