



Melons & Mascarpone

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 cup mascarpone cheese
- 2 tablespoons **Runamok Maple Syrup** * (more to your preferred level of sweetness)
- 1 teaspoon O&V **Melipone Vanilla** *
- 1-2 tablespoons heavy cream (if needed)
- 8 cups chopped cantaloupe melon (or a combination of cantaloupe and honeydew)
- 1-2 tablespoons sugar (optional based on the sweetness level of the fruit)
- 4 tablespoons O&V [Lime & Ginger vinegar](#) * (reduced by half)
- 1/3 cup chopped salted pistachio nuts
- Zest from one lime
- Crushed O&V **Amaretti cookies** for garnish *

Preparation

In a small bowl combine the mascarpone cheese, honey or maple syrup, Melipone vanilla until smooth. Create a nice spreadable, creamy consistency by adding a tablespoon or two of cream if needed.

Reduce the vinegar by half till sticky and thick.

In a large mixing bowl, combine the chopped melon with the sugar (if using) and allow to sit for 5-7 minutes. Skip this step if your fruit is sweet enough and doesn't need the added sugar

Spread the mascarpone cheese over a platter and top with the melon. Sprinkle the top with the pistachio nuts, lime zest and crushed amaretti cookies. Drizzle with the reduced vinegar.

Serve immediately (see Chef Note).

Serves 8

Active time: 15 minutes Total Time: 15 minutes

Chef Note

If you wish to pre-make this dessert, prepare each component and refrigerate for up to 4 hours. Compile the dessert and add the pistachios, lime zest, amaretti cookie crumble and vinegar drizzle just before serving to prevent them turning soggy.

Notes

* I love the flavor of the [Lime & Ginger vinegar](#) but you can replace with the [Lemon Vinegar](#), [Honey Ginger vinegar](#), or even [Elderflower Apple Lime vinegar](#). At a pinch this can be made with lime juice, but it loses the subtle flavors of the vinegar and makes the dish one-dimensional.

The **Runamok SugarMakers Cut Maple Syrup** and **Melipone Vanilla** add tremendous flavor. Feel free to use a local honey and a good quality vanilla instead.

I love the crunchy sweetness of the **Amaretti cookies**, but any other sweet crumbly cookie will be suitable.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Dessert, Soups & Salads, Fruit Salad, Melon and Mascarpone, Lemon Curd, Lime & Ginger Vinegar, Honey Ginger Vinegar, Elderflower Apple Lime Vinegar, Runamok Maple Syrup, Melipone Vanilla, Amaretti Cookies, Mixed Fruit Dessert, Creamy Fruit Salad, Pistachio Nuts,