



Craig Lee / Special to The Chronicle; styling by Sophie Brickman

Persimmons Grand Marnier

Makes 4 servings

Because this takes just a few minutes to assemble, you can prepare this dessert as an afterthought. Guests seem to love watching the dramatic moment when the alcohol bursts into flame.

1 tablespoon butter

2 Fuyu persimmons,
peeled and thickly
sliced

Healthy pinch of cinnamon

Tiny pinch of ground clove

Tiny pinch of ground nut-
meg

Small pinch sea salt

1/4 cup Grand Marnier +
more if desired

Vanilla ice cream, for
serving, if desired

Instructions: Melt the butter in a medium frying pan over high heat. Add the persimmon pieces, and sauté for a few minutes, until the persimmon starts to lightly brown.

Add the Grand Marnier, being very careful of the high flame that will result (you may

have to slightly tip the pan to allow the liquid to ignite). Transfer to a shallow dish, and add an extra small splash of Grand Marnier if you like.

Serve warm, with a small scoop of ice cream, if desired.

Per serving: 116 calories, 1 g protein, 16 g carbohydrate, 3 g fat (2 g saturated), 8 mg cholesterol, 1 mg sodium, 3 g fiber.