

## Wine-Splashed Peaches & Raspberries

Orange flower water gives an exotic Middle Eastern fragrance to this summery fruit dessert, and the addition of aromatic little pine nuts continues the theme. Before raspberries make an appearance in the market, I make this with strawberries. And if sweet plums are around, I dice one or two and add them to the bowl. In other words, you can vary the fruit as creatively as the season allows. Mint makes a nice garnish, but don't be tempted to shred it and toss it in — the strong flavor detracts from the other delicate ingredients.

### INGREDIENTS:

- 6 flavorful peaches (or nectarines, or mixture of the two), peeled, pitted and diced
- ½ to 1 cup flowery fragrant dry white wine, such as a Riesling, or a rosé from Bergerac
- 4 tablespoons amaretto, or other almond liqueur
- 3 tablespoons sugar, or to taste
- 1 to 2 teaspoons lemon juice
- ½ teaspoon orange flower water
- ½ pint raspberries
- 3 tablespoons pine nuts

**INSTRUCTIONS:** Put the peaches in a big bowl. Add the wine, amaretto and sugar. Mix well. Add lemon juice if needed to balance flavors, then add the orange flower water. Cover and chill for at least 1 hour.

Just before serving, add the raspberries and pine nuts and mix well. Taste and adjust sugar-acid balance, if needed.

Serves 4

**PER SERVING:** 180 calories, 2 g protein, 25 g carbohydrate, 3 g fat (1 g saturated), 0 cholesterol, 3 mg sodium, 3 g fiber.