

Apricot Lime Fruit Leather

a recipe from www.maureenabood.com

Homemade fruit leather is very easy to make, and a great way to use up your abundance of ripe summer fruit. Apricot is my all-time favorite fruit leather, which is a traditional Lebanese sweet known as amerdeen. A Silpat will release the fruit leather with the most ease, but parchment paper can also be used to line the pan. Use this recipe to make leather with most any fruit you like. For thicker leather, double the recipe using the same size sheet pan, and double the baking time. Makes one half sheet pan (18"x13") of leather.

2 cups pitted, chopped apricots
Juice of 1 lime
¼ cup water
1/3 cup agave nectar or granulated sugar

Line a heavy duty sheet pan (18"x13") with a Silpat or parchment paper. Place a rack in the middle position of the oven, and turn on the oven to the lowest setting, about 140-170°F.

In a small heavy saucepan, bring the fruit, lime juice, and water to a boil over medium-high heat. Once the fruit begins to break down, add the agave nectar or sugar 1 tablespoon at a time. Taste the mixture after each addition to determine if it is sweet enough. If not, add more agave or sugar.

Reduce heat to medium-low and simmer the fruit mixture for 10 minutes.

Puree the cooked fruit in a blender or food processor until smooth, about a minute. Pour the puree on the lined sheet pan and spread evenly with an offset spatula or back of a spoon, leaving an inch rim.

Bake for about 4 hours, until the leather is mostly dried but still slightly tacky to touch. To roll up the fruit, if using a Silpat, peel the entire sheet of leather off the Silpat and lay it on the same sized sheet of waxed paper before cutting into strips; if using parchment, do not remove the leather, and cut into strips. Eat the leather immediately or store in an airtight container in the refrigerator.