

Zucchini Bread Recipes

Tanghulu: Chinese Candied Fruit

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Medium** Difficulty	**Chinese** Cuisine

Ingredients

Main Ingredients

- [ ] 12 fresh strawberries, hulled
- [ ] 12 seedless grapes
- [ ] 1 cup granulated sugar
- [ ] 1/4 cup water
- [ ] 8 bamboo skewers, soaked

Optional Extras

- [ ] 1 tbsp toasted sesame seeds
- [ ] Zest of 1/2 lemon

Instructions

1. Wash and dry the fruit thoroughly; wipe any excess moisture with a paper towel.



2. Thread the fruit onto the soaked skewers, leaving a little space between pieces.



3. In a medium saucepan, combine sugar and water; heat over medium-high, swirling gently until it turns a deep amber.



4. Quickly dip each fruit skewer into the hot syrup, letting the excess drip off, then place on a parchment sheet.



5 If using, sprinkle sesame seeds or lemon zest over the still-wet glaze; let cool completely until the sugar hardens.



Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Work quickly once the sugar reaches amber; it hardens fast.
- If the glaze clumps, lower the heat and add a splash more water.
- For an extra pop of flavor, add a pinch of ground ginger to the sugar mixture.