# Fruit Plates with Warm Chocolate Dip

2 fresh-fruit plates, each with 80 g apple, 70 g banana, 80 g orange and half the chocolate dip | Active 15 min | Cook 2 min | Total 20 min (immediate service)

## Ingredients

- 60 g dark chocolate (2 oz), about 60-70% cocoa, finely chopped
- 50 ml pasteurized milk (3 tbsp plus 1 tsp)
- 160 g prepared fresh apple (5 2/3 oz), washed, cored and cut into thin wedges, tender skin left on
- 140 g banana flesh (5 oz), peel removed, cut into 2 cm/3/4 in pieces
- 160 g peeled fresh orange segments (5 2/3 oz), pips and tough central pith removed
- 10 ml lemon juice (2 tsp), seeds removed

## Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Spoon, Fork or small whisk, Oven mitts, Food thermometer used outside the microwave, Microwave-safe jug, at least 500 ml/17 US fl oz measured usable capacity, Knife and board, Citrus juicer, Two side plates, Two small dip bowls, each at least 100 ml/about 1/3 cup usable capacity

## Allergens

Milk. Check labels and substitutions.

## Make it

**1.** Put the chopped chocolate and all 50 ml milk in the 500 ml jug. Microwave at 30% power in 20-second bursts, stirring after each, for about 1-2 minutes until mostly melted. Leave for 1 minute and stir until smooth. It should be warm and pourable, not vigorously bubbling; use an extra 10-second low-power burst only if a few hard pieces remain.

**2.** Prepare and weigh the fruit while the chocolate warms, using clean equipment. Toss all the apple and banana pieces with the 10 ml lemon juice, then divide them equally between the plates: 80 g apple and 70 g banana each. Add 80 g peeled orange segments to each plate.

**3.** Divide the entire chocolate-milk dip equally between the two small dip bowls. Put one beside each fruit plate and serve promptly while the sauce is warm. There is no extra cream, chocolate topping or decorative fruit beyond the measured plate.

**4.** Keep untouched reserved fruit and dip separate if they are not being served immediately, and refrigerate promptly under the storage guidance. Do not use fruit already dipped and bitten for a later serving.

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## Fresh is the stated fruit form

Frozen fruit is only suitable without cooking if explicitly labeled ready to eat. Otherwise its full package cooking process would change this fresh plate.

## Two separate dip bowls

Divide the sauce before eating so each person has a complete measured portion and untouched reserve is clearly separate.

## Ingredient labels

Milk contains milk, and chocolate can contain milk or soy and carry nut cross-contact warnings. Read the actual label; the soy-drink variation changes ingredients rather than automatically removing all allergens.

## A useful detail

The 20-minute immediate-service plan allows 12 minutes of fruit preparation and measuring, up to 2 minutes of sequential chocolate heating, a 1-minute melt stand and 5 minutes for dividing and serving. Fruit can be prepared during the gentle bursts. The 1000 W baseline uses 30% power; melting and smoothness control the finish rather than a hard timer.

## Another way

Replace 160 g/5 2/3 oz orange segments with 160 g/5 2/3 oz fresh ripe pear flesh in thin wedges. Toss the pear with the same measured lemon juice along with apple and banana.

Use 50 ml/3 tbsp plus 1 tsp unsweetened soy drink instead of milk, and select compatible dark chocolate. Soy or chocolate-label allergens may be added; no vegan certification is claimed.

## Keep it well

Refrigerate untouched fruit and dip separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use fruit within 1 day for texture and dip within 2 days or an earlier milk deadline. The reserved dip can be eaten cold as a soft spread; this recipe does not require warming it again. Discard dip served for shared dipping rather than returning it to untouched storage.