

Lemony-Mint Macerated Strawberries

Serves: 6 to 8

Ingredients:

1 pound fresh strawberries, stemmed and sliced
2 to 4 tablespoons sugar, depending on how sweet the strawberries are
Zest and juice of 1 lemon
1 teaspoon fresh mint, chopped
1 tablespoon honey

Directions:

Place the sliced strawberries in a medium bowl. Add the sugar, lemon zest and fresh mint; toss to combine.

Add the lemon juice and honey and toss again. Cover with a tea towel or plastic wrap and refrigerate for a minimum of 1 hour. The strawberries will continue to soften and release their juices as they macerate and can be refrigerated for up to 2 to 3 days.

Serve the macerated strawberries with a dollop of whipped cream or as a topping over treats like ice cream, pancakes, French toast, waffles, yogurt, cake, shortcake and biscuits.

Sarah's Tips:

- The berries can also be slightly frozen for 30 minutes for a refreshing treat on hot summer days.
- Save the extra syrup to flavor water and cocktails.
- Fresh basil also pairs well with strawberries and can be used with, or instead of, fresh mint.
- For a savory topping to use with grilled chicken and fish:
 - 1 pound fresh strawberries, stemmed and sliced
 - 1 tablespoon sugar
 - 1 tablespoon fresh mint or basil (or both)
 - 1 teaspoon honey
 - Zest and juice of 1 lemon
 - Pinch of salt and pepper, to taste