

Swedish Fruit Soup

1 cup dried apricots	2¼-inch-thick lemon slices
1 cup dried peaches or nectarines	2 allspice berries
½ cup dried prunes	2 cardamom seeds
¼ cup dried cranberries	1 juniper berry
¼ cup dried cherries	3 tablespoons quick-cooking tapioca
¼ cup dried currants	1 cup sugar
7 cups cold water	2 apples
1 cinnamon stick	

With a pair of scissors, snip the apricots, peaches, and prunes into small pieces. In a three-quart stainless steel or enamel pot, soak the apricots, peaches, prunes, cranberries, and cherries in 7 cups of cold water for 30 minutes.

To the dried fruits, add the tapioca, the cinnamon stick, lemon slices, allspice berries, cardamom seeds, and the juniper berry. Bring to a boil, stirring. Reduce the heat, cover the pot, and simmer for 10 minutes, stirring occasionally to prevent the fruit from sticking to the bottom of the pot.

In the meantime, peel, core, and slice the apples ½-inch thick.

Add the currants and apple slices, and simmer for another 5-10 minutes until the apple slices are just tender. Turn off the heat. Remove the cinnamon stick, the cardamom seeds, and the juniper berry. Let the soup cool to room temperature, then chill it in the refrigerator until cold.

Serve the soup plain, with a dollop of yogurt, or with a slice of pumpernickel-raisin bread spread with cream cheese.