
Apple & Pear Compote

Description

Easy to make ahead and ready for an impromptu after dinner treat, this combination of apples, pears and warming spices are a great topping - wonderful served over coconut ice cream.

Total time: 30 min Yield: 8 servings

Ingredients

2 Gala or Granny Smith apples (peeled, cored, cut into 1/2" wedges)
2 ripe pears (peeled, cored, cut into 1/2" wedges)
2 Tbsp cane sugar
1/4 tsp ground cardamom (or two pods, crushed)
1/4 tsp cinnamon
1/4 tsp ground ginger
1/8 tsp salt
1/2 cup apple juice or cider
1 to 3 tsp fresh lemon juice

Prep Time: 20 min Cooking Time: 10 min Total Time: 30 min

Instructions

Place apples and pears in a large mixing bowl. Combine the sugar, cardamom, cinnamon, ginger and salt and add to the fruit. Toss to coat well.

Heat juice in a large skillet and add the bowl mixture. Bring to a boil, reduce heat and cover for 5 minutes. Then take off the lid and increase heat to medium so that the juice begins to thicken.

Test the slices for doneness and take off of heat when saucy. Add in fresh lemon juice and stir to mix in.

Recipe brought to you by:

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