

Compote

Itsi Weinstock - recipe from dad

June 4, 2019

Preparation 1

1. In a pot, place half a **lemon** cut into thin half moons.
2. Add **remaining fruit** cut into desired piece sizes, removing seeds and pips.
3. Add **all other ingredients**, grinding **nutmeg** and leaving **other spices** whole.

Cooking 1

1. Bring to a boil on high heat, then drop heat to bare simmer. Leave the lid off.
2. Simmer for several hours. All fruit should be coloured throughout, but not so much that all of them dissolve. Put the lid on if it reduces too much.

Notes

This works well with a mixture of tart and sweet fruits. In autumn, both quinces and stone fruits are available.

Tart fruits:

- quinces
- granny smith apples
- firm stone fruits

Sweet fruits:

- pears
- squishy stone fruit

Further Experimentation

Vary spices: star anise/fennel seed, green/black cardamom, black pepper, etc.

Vary sugar type: brown sugar for molasses flavour.

Servings: 4

Ingredients:

1/2 bottle	port
1/2 bottle	red wine
3 tbsp	sugar
3 sticks	cinnamon
2 tsp	whole cloves
1/2 tsp	nutmeg
1/2 piece	lemon
several pieces	other fruits