

SWEET

APPLE COMPOTE

Makes about 3 cups

1 kg pink lady apples (about 5) (granny smith or golden delicious also work well), peeled, halved, cored and sliced

pinch of ground cinnamon

5 cm piece of lemon peel

Place the apple in a saucepan, add the cinnamon, lemon peel and 3–4 tablespoons of water. Stir to coat the apple in the cinnamon and cover with the lid. Cook over low heat, stirring occasionally so the apple doesn't catch, for 10–15 minutes or until the apple is really soft. Remove the lemon peel. Cool the apple a little, place in a jug and puree with a hand-held blender until smooth. Store in an airtight container in the fridge for up to 2 days.

PEAR AND VANILLA COMPOTE

Makes 1½ cups

500 g ripe pears (about 4) (such as packham or beurre bosc), peeled, cored and chopped

1 vanilla bean, split and scraped

Place the pear in a saucepan and add the vanilla bean and seeds. Add a splash of water, stir to coat the pear in the vanilla seeds and cover with the lid. Cook over low heat, stirring occasionally, for 8–10 minutes or until the pear breaks down and is very soft. Cool and puree with a hand-held blender until smooth. Store in an airtight container in the fridge for up to 2 days.

OTHER GREAT SWEET COMBOS Add strawberries, blueberries or raspberries to the apple or pear puree.

NOTE All sweet compotes are great to serve alone or with plain yoghurt.



Freeze Portion the savoury or sweet puree into airtight containers or snap-lock bags. Cool, seal, label and date. Freeze for up to 3 months. Alternatively, portion the puree into ice-cube trays. Freeze for a few hours or overnight until frozen solid, then pop out the cubes and store in snap-lock bags.



Thaw Thaw the puree overnight in the fridge. Or simply microwave from frozen as per the instructions below.



Reheat Heat the thawed puree in a small saucepan over low heat until warmed through. Alternatively, reheat in the microwave on high for 30–60 seconds. If frozen, microwave on high for 1 minute until completely hot. Then cool slightly and test that it's cool enough before serving.

Apple Compote