

## **How Fruit Compote Is Made**

By Sheila Oranch, Coppertoppe Inn and Retreat Center, Hebron, NH (March 9, 2019)

A compote is cooked fruit, traditionally cooked in a syrup. Our healthier recipe is to use a little water or fruit juice as the fruit is sweet enough. A compote can be made with almost any combination of fruits. Have fun experimenting.

This morning, we had extra grapes, apples and pears.

Trim the grapes if the stem ends are discolored and cut them in half lengthwise.

Cut the apples and pears into chunks with skin on (removing any brown spots and putting the scraps in compost).

Add a little water or juice and cook on medium heat, stirring occasionally.

Sprinkle with a pinch of salt and cinnamon. Today we added cardamom and basil (dried from our garden) as our guests had international backgrounds and liked spice.

Just before serving, we added a chopped strawberry for color (cooked strawberries turn brown). The resulting dish is colorful, tasty, uses up extra fruit, and reheats well.