

Apple Compote

Boil for five minutes:

- 4 tbsp red wine
- 2 whole cloves
- 4 whole cardamom seeds
- 1 cup caster sugar
- 2 cups water
- 1/2 whole orange, sliced, not peeled
- 1/2, sliced, not peeled

Remove cloves, seeds and fruit slices.

Then add:

- 12 sliced apples. (If they have red skins you may wish to keep the skins on. Late season apples have tougher skins, so are more likely to need to be peeled).

Method:

Cook on the lowest setting for ten minutes. Turn off heat – the apple will keep cooking for about another 10-15 minutes.

Serve warm or cold, with cream, vanilla ice cream (or mascarpone beaten with an equal amount of cream, or natural yoghurt).

This will keep in a sealed container for up to a week in the fridge.

Variations:

This is also good with pears, yellow-fleshed late peaches, nectarines.