



Chef Alison Negrin & Associates

Creating Healthy Food Zones

Winter Fruit Compote

Serves 10

Ingredients

2 peeled and cored Comice or D'anjou pears
2 peeled apples
2 peeled and cored quinces
1# dried fruit (apricots, raisins, cranberries, prunes)
1 medium-size orange
1 medium-size lemon
1 cup sugar
1 - 3" long Cinnamon Stick
3 quarts water

Production Preparation method:

1. Peel, core, and cut the pears, apples and quince into 16 wedges. Remove peel from the orange and lemon in 1-inch wide strips. Squeeze juice from lemon to equal 1 tsp. (Refrigerate peeled orange for use another day)
2. In 4-quart saucepan over HIGH heat, heat the fruit, orange and lemon peels, lemon juice, mixed dried fruit, sugar, cinnamon stick, and 3 quarts water to boiling. Reduce heat to LOW, cover and simmer 15-20 minutes until the fruit is tender.
3. Pour fruit mixture into bowl and refrigerate at least 4 hours to blend flavors.