

Mixed Fruit Compote

This tasty compote is a delicious dish that uses fruit that is fresh, frozen, dried and canned. It's great on its own and can also be enjoyed with porridge, pancakes or yoghurt.



Sulphites*

Nutritional information per portion (128g):

Energy	Fat	Saturates	Sugars	Salt
255kJ 60kcal 3%	<0.5g 0%	<0.1g 0%	15g 16%	0.03g 0%

of an adult's reference intake.
Typical values per 100g: energy 199kJ/47kcal.

Equipment

Weighing scales
Colander or sieve
Chopping board
Can opener (if cans are not ring pull)
Small mixing bowl
Measuring jug
Small sharp knife
Wooden spoon
Measuring spoons
Medium saucepan with lid
Scissors
Pan stand
Bowl

Ingredients

Serves 8 (OR 10 if served with pancakes, porridge or yoghurt)

2 eating apples
2 plums
298g canned mandarins in juice (175g drained weight)
410g canned pears in juice (225g drained weight)
½ x 5ml spoon runny honey
50g dried apricots
50g raisins
½ x 5ml spoon ground mixed spice OR cinnamon
100g frozen mixed berries

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- All these fruits count towards your daily fruit intake.
- The cooking time still leaves the apples with some bite, if you would prefer a softer texture allow them to cook for 5 more minutes before adding the other fruit.

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Method

1. Wash the apples and plums in a colander and put them on the chopping board.
2. Carefully open the cans of mandarins and pears. Using a colander, drain the mandarin juice into a measuring jug and put the mandarins in the mixing bowl. Save the juice in the jug.
3. Cut each of the pear halves into 4 and add to the mandarins.
4. Add 100ml of the reserved juice and honey to the saucepan.
5. Using a sharp knife, cut the apples into quarters and remove each core. Chop into 1cm cubes and add to the saucepan.
6. Using a wooden spoon stir the apples with the juice and honey mixture to prevent them discolouring.
7. Cut the plums in half and remove the stones. Cut each half plum lengthways into 4 pieces. Add to the saucepan.
8. Using scissors, cut the dried apricots into small pieces (approx. 1cm) and add to the saucepan with the raisins.
9. Add the mixed spice OR cinnamon to the saucepan.
10. Heat the contents of the saucepan until boiling, put the lid on and lower the heat. Simmer gently for 5 minutes, stirring occasionally. If the mixture starts to look dry, add 1 x 15ml spoon of juice.
11. Add all the other fruit apart from the frozen mixed berries and simmer for another 5 minutes.
12. Finally, add the frozen mixed berries and simmer for a further 3 minutes.
13. Carefully remove the saucepan from the heat and transfer the compote to a bowl to cool.
14. The compote can be served hot or cold.

Something to try next time

- This recipe works equally well in the microwave. Using a microwavable bowl with lid, microwave the chopped apples and plums in the juice and honey mixture for 2 minutes. Then add the rest of the fruit (except the berries) and the spice and cook for a further 3 minutes. Finally, add the berries and cook for a final 2 minutes.
- If you haven't got any fresh fruit, this can be replaced with more canned or frozen. These fruits will require less cooking time as they are soft, be careful not to overcook when simmering.

Prepare now, eat later

- The compote can be prepared in advance and stored in the fridge for up to 3 days. Allow to cool before placing in a sealed container. Heat through gently if you want to serve it warm.
- You can make up large quantities of compote and freeze them for up to 3 months. Freeze in smaller portions and defrost thoroughly before using.

Skills used include:

Weighing, measuring, chopping, boiling, simmering.