

# Paula Mee Recipe

## Winter Spiced Fruit Compote



### INGREDIENTS

Makes 8 small servings  
for topping your porridge

- 55 g dried cherries
- 55 g dried blueberries
- 55 g dried figs
- 55 g dried jumbo sultanas/ raisins
- 55 g dried mango
- 1 cinnamon stick
- 3 cloves
- ½ vanilla pod
- 1 tbsp runny honey
- Zest of one lemon
- 1 tbsp flaked toasted almonds
- 1 tbsp toasted pine nuts



### DIRECTIONS

Place all the dried fruit in a saucepan and just cover these with cold water. Pop in a cinnamon stick, 3 cloves, ½ a vanilla pod split open to release the vanilla seeds, a tablespoon of runny honey and the zest of 1 lemon.

You can use any other dried fruit that you like, such as apricots, apple or other berries.

Bring to the boil, and then reduce the heat, cover the saucepan and allow the fruit to simmer for about 25 minutes. Check on it every so often and add some more water if you need to.

Remove the cinnamon stick and cloves, and add 1 tablespoon each of flaked toasted almonds and toasted pine nuts.

Pour the compote into a kilner jar, which has been sterilised in the oven. The compote will keep in the fridge for about a week – if it lasts that long!

This winter spiced fruit compote is delicious over porridge, yogurt or as part of a dessert. Enjoy!