

Apple, Ginger, and Sultana Compote

Makes 5 servings
Hands-on Time 10 minutes
Cooking Time 10 minutes

Ingredients

- 4-5 green apples
- 4 balls of stem ginger
- 3 tbsp stem ginger syrup
- 1 tsp ground cinnamon (or ½ tsp ground cinnamon and ½ tsp ground ginger)
- 50g sultanas
- 1 tbsp lemon juice

Equipment

- Knife
- Saucepan
- Scissors
- Spatula
- Jar or container

Method

1. Prepare the Apples

- Peel, core, and dice the apples. Add them to the saucepan

2. Add the Ginger and Flavourings

- Using scissors, cut the stem ginger into small pieces and add to the apples.
- Pour the stem ginger syrup, cinnamon, sultanas, and lemon juice into the pan.

3. Cook the Compote

- Stir the mixture with a spatula to combine.
- Place the pan over high heat until the mixture starts to bubble.
- Reduce the heat to medium and let it simmer for 10 minutes, stirring occasionally.

4. Cool and Store

- Let the compote cool completely before transferring it to a jar or container.
- Store in the fridge.

Enjoy!