

Fruit Compote with Grand Marnier

Italians eat fruit for dessert. Fresh fruit must be just that - fresh. As the winter season draws to an end, before the spring berries and early fruits like apricots and cherries appear, cooks take their not-so-fresh-anymore apples and pears and slowly stew them, often adding spices and liqueur. Here's how I do it.



Serving size: approx. 1/2 cup. Serves 9.

Ingredients

3 large cooking apples (Cortland, Jonathan, Macintosh)
2 ripe pears (Bosc)
1 ½ tablespoons Grand Marnier liqueur
1/8 teaspoon ground cardamom

Directions

1. Wash, core and cut the fruit into bite-size pieces (do not peel).
2. Place them in a 3-quart heavy saucepan. Cover the pan and cook slowly over low heat for 15 minutes, stirring frequently.
3. Uncover the pan, add in the liqueur, increase the heat and cook for another 2-3 minutes to allow the alcohol to evaporate.
4. Remove from heat, add the cardamom and mix thoroughly. Chill before serving.

Nutritional Information

Calories: 40
Carbohydrates: 9 g
Protein: < 1 g
Fat: < 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Fiber: 2 g

GI Value: 37 - low