

# POACHED QUINCE (BASIC RECIPE)

## INGREDIENTS

2 quinces, peeled, cored and sliced into medium thickness

650 ml water

400g caster sugar

Juice of ½ lemon

## METHOD

Bring water and sugar to the boil in a heavy based pot and stir until sugar is dissolved.

Reduce to simmer and add lemon juice and quince pieces.

Stir so all the quince pieces are coated in the syrup.

Cover and simmer until quince slices are tender – this will depend on the thickness of the slices, but allow around 45 minutes for quartered quinces.

If you've never cooked quinces before, don't be surprised by the way they change colour. They will be a lovely deep red when they are finished – not a fire engine red, more a ruby red.



## EXTRA'S & TIPS

Quinces are an old fruit with a noble history, stretching back to ancient Greece.

You can vary the basic recipe by adding spices and flavours of your choice – vanilla, cardamom, cloves, cinnamon, star anise, even peppercorns and bay leaves. Try any of them or any combination of them – none will offend any others by being in the same batch.

You can poach in the oven as easily as on a stove top – 150°C and just make sure your dish is covered – will take longer to cook

Delicious with ice cream, pannacotta, rice pudding, or just with cream as a dessert.

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