

Autumn fruit compote

Serves 4



Ingredients

- 100g/4oz no soak prunes (ready to eat), halved
- 150ml/5floz cold black tea
- 150ml/5floz orange juice
- 2 eating apples, cored, peeled and quartered
- 2 pears, cored, peeled and quartered
- 1 tablespoon apricot or strawberry jam
- 4 clementines/satsumas
- ¼ teaspoon mixed spice

Method

1. Peel the clementines/satsumas and take off the white pith.
2. Separate them into segments.
3. Place in a saucepan with the prunes, apples and pear. Add the tea, orange juice, mixed spice and jam.
4. Bring to the boil, reduce the heat, partly cover the pan and simmer gently for about 10 minutes or until the fruits are tender but still hold their shape.

Serve hot or cold topped with yoghurt or quark.