

DRIED FRUIT COMPOTE

INGREDIENTS

Equal amount Prunes & Apricots
Water

COOKING INSTRUCTIONS

- 1** Wash all fruit to remove the sulfites
- 2** In a deep pot place an equal amount of dried prunes & apricots & cover them with water because dried fruit will plump up when heated
- 3** Heat uncovered at medium heat until liquid reaches boiling point
- 4** Cover pot & put heat at low
- 5** Stir every 15 minutes until there is just enough liquid left to keep it moist while you store it in the refrigerator
- 6** Allow to cool before you refrigerate in a covered container

You can add any other dried fruit to the mix

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