



Pink Apple Compote

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine l'Angélique

YIELD : 4 x 500 ml jars

PREPARATION: 20 MINUTES

COOKING: 40 MINUTES

INGREDIENTS

- 3 kg (6.6 lbs) Cortland apples, organic *
- 250 ml (1 cup) water
- The juice of a lemon, freshly squeezed
- To taste: maple syrup or sugar, cinnamon and ground nutmeg

PREPARATION

1. Cut the apples into quarters, without peeling them, and remove the core.
2. In a large saucepan, combine apples, water and lemon juice.
3. Cook over medium-low heat, lid closed, until apples are tender (35 to 45 minutes). Stir frequently to make sure they don't stick to the bottom of the pan.
4. Then place the apples in a food processor, previously attached to the top of a bowl or saucepan. Add maple syrup or sugar, as well as cinnamon and ground nutmeg, if desired.



TIP

* You can use a different variety of apples; however, personally, I really prefer **Cortland**.

I take advantage of the fall to go apple picking with my children. Then I prepare a large amount of compote which I freeze in glass jars (which I prefer over plastic). Take care to not fill the jars completely, since the compote will expand during freezing. At any time, you just have to let it thaw in the refrigerator or on the counter. You can enjoy it all year round!