

# *Slow cooked quinces*

## *with vanilla & Cardamom*

**Yield:** 4 or more

**Prep time:**

**Total time:** 2-4 Hrs

### *Ingredients*

4 large quinces, 6 if small  
375g sugar. I use 200g  
750ml water. I use 1L  
1 vanilla bean  
1/2 tspn cardamon  
Cinnamon quill  
Long piece of orange peel + the  
juice of orange  
Star anise

### *Directions*

1. Put the sugar spices, orange peel +juice and water into oven-safe pan large enough to hold all the quinces, and heat slowly until sugar dissolved, [stirring occasionally] bring to the boil.
2. Peel, [optional] quarter + core the quinces. Add quinces to the syrup as you go, as they discolour. The syrup must cover the fruit. [I have been known to add more syrup if necessary]. Bring to the boil + simmer gently for a few minutes. Cover with a piece of baking paper, place lid on top. Bake at 130–150 C for 4 hours. Check after 3hrs, if they are a beautiful red remove from oven.
3. The aroma in the kitchen will be wonderful!
4. Luscious served with thick cream.
5. Fabulous with yogurt, sprinkled with pomegranate seeds or pistachio. Or however you usually serve fruit!
6. Reduce syrup, the colour will increase & serve over icecream, or keep going until 'jam' or 'paste'!