

# Baked quinces with honey & cinnamon



## Baked quinces with honey & cinnamon

### Ingredients:

- 1½ cups water
- 1 cup caster sugar
- 2 lemons, juiced (+1 extra lemon for preparation)
- ¼ cup honey
- 2 cinnamon sticks
- 4 medium (about 1.6kg) quinces
- Thick Greek-style yoghurt, to serve

### Method:

1. Preheat oven to 180°C. Combine water, caster sugar, lemon juice, honey and cinnamon sticks in a large deep baking dish.
2. Using a small sharp knife, peel, quarter and core quinces. Place peeled quinces in a bowl of water with the juice of the extra lemon added while preparing them to prevent discolouration.
3. Arrange prepared quinces in honey mixture in baking dish. Place a sheet of baking paper directly over quinces and press down (trim edges if necessary). Cover pan with a lid or foil and bake, without disturbing, for 2 hours. Remove lid and baking paper and check quinces, they should be tender and rosy pink in colour. If not rosy pink, recover and bake for a further 30 minutes.
4. Set quinces aside for 20 minutes to cool. Spoon warm quinces into serving bowls, drizzle generously with syrup and serve with yoghurt.

### Health benefits:

#### Quince

- Excellent source of potassium and vitamin C
- One medium quince provides your total daily vitamin C requirements
- Good source of zinc
- Moderate source of vitamin B3 and magnesium
- Quince is extremely high in fibre. High fibre food choices help promote regular bowel activity

**Serves:** 6

**Preparation:** 30 minutes

**Cooking:** 2–2½ hours

**SYDNEY MARKETS™**

*Supplying quality fresh fruit & vegetables*

**SYDNEY MARKETS™**

© Sydney Markets Limited