

# Slow-baked spiced quinces



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**Preparation:** about 30 mins **Cooking:** about 2<sup>1</sup>/<sub>2</sub> hours **Serves:** 6

### Ingredients:

- 1<sup>1</sup>/<sub>2</sub> cups water
- 1 cup brown sugar
- 1/4 cup lemon juice (+ 1 extra lemon for preparation)
- 2 cinnamon sticks
- 1 vanilla bean, split lengthways
- 4 medium quinces
- mascarpone or thick natural yoghurt, to serve
- biscotti biscuits, to serve

### Method:

1. Preheat oven to 180°C.
2. Combine water, brown sugar, lemon juice and cinnamon sticks in a deep medium baking dish. Using a teaspoon, scape vanilla bean seeds into brown sugar mixture. Stir to combine.
3. Using a sharp knife, quarter, peel and core quinces. Cut each quince quarter in half lengthways. To prevent browning, immediately place peeled quinces in a bowl of water with the juice of the extra lemon added.
4. Arrange prepared quinces in a single layer in the baking dish. Press a sheet of baking paper directly over quinces (trim edges if necessary). Cover dish with foil and bake, without disturbing, for 2<sup>1</sup>/<sub>2</sub> hours or until quinces are deep pink and tender. Set aside for 20 minutes to cool.
5. Spoon warm quinces into serving bowls. Drizzle generously with syrup and serve with mascarpone or thick natural yoghurt and biscotti biscuits.



### Quinces:

- A very good source of dietary fibre, including soluble fibre. All types of fibre benefit the digestive system and soluble fibre has extra benefits in promoting the growth of 'good' bacteria in the bowel.
- An excellent source of vitamin C, with one quince providing more than a whole day's supply. This vitamin is important for healthy gums.