

Easy roast quinces



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Preparation: about 30 minutes
Cooking: 2½ hours + cooling time
Makes: 6

2 cups water
1 ½ cup brown sugar
⅓ cup lemon juice
2 cinnamon sticks
1 vanilla bean, halved lengthways
6 medium quinces
Thick natural yoghurt or ice-cream, to serve

1. Preheat oven to 180°C/160°C fan-forced. Combine water, sugar, lemon juice and cinnamon sticks in a deep medium baking dish. Using a teaspoon, scrape vanilla bean seeds into sugar mixture. Add pod to pan. Stir to combine.
2. Using a sharp knife, individually cut a quince into eight wedges. Peel and core and place into sugar and lemon mixture in the baking dish (to prevent browning). Repeat using remaining quinces. Press a sheet of baking paper directly over quinces to cover, then place a sheet of foil over pan and seal well. Bake, without disturbing, for 2 ½ hours. Remove from oven and cool in pan (with covers left on) for 30 minutes. Serve warm with thick natural yoghurt or ice-cream.



Quince

- An excellent source of dietary fibre, which is important to keep the bowel functioning efficiently.