

Slow-cooker orange spiced quinces



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Preparation 30 mins | Cooking 5 hours | Serves 8

- ½ cup caster sugar
- 3 cups water
- Rind of 1 orange
- ½ cup freshly-squeezed orange juice
- ¼ cup maple syrup
- 2 cinnamon sticks
- 2 whole cloves
- 1 tsp vanilla extract
- 1.8kg quinces
- Juice of 1 lemon
- Thick Greek-style natural yoghurt, to serve

STEP 1 Preheat a 5.5 litre slow-cooker on high. Combine sugar, water, orange rind and juice, maple syrup, cinnamon sticks, cloves and vanilla in the slow cooker.

STEP 2 Peel, quarter and core quinces one at a time. Immediately drizzle with lemon juice (to prevent discolouration) and add prepared quinces to the slow cooker. Cook on high, turning quinces a few times, for 5 hours or until quinces are tender and a deep amber in colour. Leave the quinces to cool to room temperature in the slow cooker.

STEP 3 Serve with thick Greek yoghurt for dessert. Store leftover cooked quinces in an airtight container in the fridge for up to 1 week.

Good for you... **QUINCES**

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

