

# Peres in Composte

**Country: England**

**Century: 15th**

- 3 pears
- 1 quince
- 8 dates
- Few slivers ginger\*
- 1Tbsp sugar
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/2 c water
- 1/2 c wine
- 2 c sugar

*This recipe of cooked fruit in syrup is absolutely fabulous (and addicting!). It could be served as a side to a beef or pork dish, or as a standalone dessert.*



Boil pears and quince in water until tender, but not mushy (20-25 minutes for pears, 35-40 for quince). Meanwhile, make a simple syrup with the water, wine and 2 cups of sugar - mix together in a sauce pot and heat, but do not boil, until liquid is uniform. Core the fruit and cut into bite sized pieces. Cut the dates into long slivers, and cut the ginger into small pieces. Mix cinnamon, ginger and sugar together and sprinkle over the cooked fruit. Put the fruit in the syrup and allow to cool. The heat of the syrup will cook the dates. Serve cool (or warm, according to your preference).

\*The period recipe says to soak the ginger slivers in wine for a number of days and then to soak it in honey for a night. This result is very tasty, but takes a bit of remembering. A good substitute is to use crystallized ginger and soak it in wine while making the syrup and boiling the other fruit.