

Recipes



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Stewed Dried Fruit from: "World-of-the-East Vegetarian Cooking"

by Madhur Jaffrey

This stew is meant to be sipped. If you wish, you could remove the fruits with a slotted spoon after they have been sweetened and reduce the liquid somewhat.

this stew may be served plain or with cream or yogurt.

4 large dried prunes

1/2 cup small dried figs

1 cup dried apricots or nectarines

4 slices lemons

1 cup sugar

Wash and drain the fruit. Put in a pot with 4 cups water. Add the lemon slices and bring to a boil. Cover, lower heat and simmer gently for 1 1/2 hours or until fruit is tender. Add the sugar and simmer another 5 minutes or until sugar has dissolved.

Serve warm or cold.