

Fruit and Berry Compote

Mixed Berry Compote



Serves 4

3 small apples, peeled, diced
3 cups frozen mixed berries
1 small 1cm piece of peeled fresh ginger
1 star anise
1 cinnamon stick
1/3 cup honey, a floral blend not manuka.
1.5 tablespoons lemon juice
pinch of salt

1 cup cream
3 tablespoons honey

about 600ml vanilla bean ice cream

Directions

In a medium saucepan, add apple, mixed berries, ginger, star anise, cinnamon stick, salt, honey, and lemon juice.

Bring to a boil and simmer over low heat until the compote has thickened, about 10 minutes.

Before serving, let it cool and remove ginger nub, cinnamon and star anise.

In a bowl add the cream and whisk on high. Slowly add the honey and whisk until soft peaks form. Set aside until ready to top.

Brind the dessert together by putting two scoops of vanilla bean icecream into a small shallow dessert dish. Top with a scoop of apple-berry compote. Garnish with a dollop of honey whipped cream. Serve immediately.