

With the best recommendations
Ferndale Guesthouse & Restaurant
Keel, Achill Island, co. Mayo

Summer Berry Compote

- *1kg of fresh mixed berries (for example blackberries, raspberries and blueberries)*
- *5 tablespoons of sugar or honey*
- *4 to 5 cubes of chopped cristalised ginger (you find it in health shops, it is not as strong flavoured as normal ginger and gives a wonderful aroma)*
- *0,5l Water*
- *0,25l Sweet Wine*
- *half a teaspoon of cinnamon*

Put the berries into a pot and simmer on low mark for about 5 minutes. Then ad the sugar or honey and the ginger (optional). Ad the 0,5 litre of water and 0,25 litre of sweet wine and let it simmer for about another 20 minutes until the berries are soft but not mashed. At last ad the cinnamon.

Optional

Cranberries, apples or any other seasonal fruits can be used to your preference. For sweeter texture use apples or pears, for a more sour texture pitted cherries or cranberries could be used. The preparation of the compote is the same.

For a more savoury texture do not ad any honey or sugar, just fruit and stir for 10 minutes until slightly soft but stil crunchy. The result is a healthy and wonderful simple dish for a summers evening