

WARM COOKED FRUIT

Keeping the skin on the fruit in this recipe enhances flavor, taste, and color. Serve with French toast or pancakes, or just as a side for multigrain toast. This recipe can also either be made on the stove top or in the oven, and the ripeness of the fruit will determine the cook time. It is also a good way to use up leftover fruit.

MAKES APPROXIMATELY 2 GALLONS

INGREDIENTS

40 lb. fruit of choice: apples, pears, cored, and cut into chunks and remove any overripe bits
¼ lb. butter or ¼ cup any oil
1 cup brown sugar or 1 cup of honey
2 tablespoons cinnamon
2 tablespoons vanilla extract (optional)
1 pinch salt
Zest and juice from 1 orange or lemon

** Note: Zesting: scrape off the thin outer layer of colorful skin of citrus with a small grater or a microplane.

DIRECTIONS

1. Combine all ingredients in a large stock pot.
2. Cook on medium heat for 15 to 20 minutes. Stir often until fruit is softened and cooked.