

Quince Dessert – Naturally Red Without Any Food Colouring!

Ingredients:

Difficulty: (Medium - only because it takes a long time to cook)
(serves 6)

4 tbsp lemon juice
3 quinces
1 1/2 cups / 3 dl + 4 tbsp granulated white sugar
10 cloves
2 cinnamon sticks

To serve (optional)

Whipped heavy cream, or kaymak or any other creamy product you like
Roasted pistachios or any other roasted nuts you prefer

Instructions:

1. In a slightly big bowl, put 2 lt water in room temperature, add lemon juice and stir a little.
2. Divide each quince in two. Core and peel the pieces, keeping the seeds to use later. Put each ready quince piece into lemony water immediately, to keep from changing its colour. (NOTE: I am actually not sure if this is 100% necessary as the colour of the fruit will change significantly to red while cooking anyway. But I still apply this step just in case.)
3. When all fruits are ready, take a pot (I used a wide but shallow one) and place quinces in one layer, with core side looking upwards. If the pieces do not sit well balanced, just cut a small piece from behind to make a flat base.
4. In the middle and around each quince piece, pour 1/4 cup / 4 tbsp granulated white sugar.
5. Put cloves in the pot, in between fruits.
6. Put seeds and cinnamon sticks in the pot.
7. Pour 1 cup / 2.4 dl water in room temperature into the pot, from the side of the pot.
8. Put the pot in medium high heat and boil the water. Stay there as it boils in just a few minutes. Once water boils, put the heat down to lowest, cover the pot and let it cook in this lowest heat for 1.5 to 2 hours - until the fruit gets soft and changes its colour (it will take a long time for the colour change to start so do not be worried). Once they are cooked, turn off the heat and let the fruits cool inside the pot, covered. When you take out the fruits later to serve, keep the syrup at the base of the pot to spread a little on top of each piece. Enjoy!