



**tropical**  
wholefoods

## Fairtrade Dried Fruit Compote

This Hugh Fearnley Whittingstall compote makes a great breakfast with thick, Greek-style yoghurt. It is also a delicious pudding served on broken amaretti topped with cream or yoghurt. It keeps well in an airtight container in the fridge for up to a week. This recipe makes enough for 8 to 10 servings.



### Ingredients

200g Tropical Wholefoods dried apricots  
200g Tropical Wholefoods dried mangoes  
100g raisins  
150ml freshly squeezed orange juice  
80g honey  
Zest of 1 lemon, pared with vegetable peeler  
Zest of orange, pared with vegetable peeler  
1 cinnamon stick  
3 cloves  
1 star anise (optional)  
Thick yoghurt, to serve  
A packet of Amaretti Biscuits (optional)

### Method

1. Pour 500ml warm water into a large bowl, tip in the dried fruit and leave to soak for an hour.
2. Pour 500ml water into a large saucepan along with the orange juice, honey, lemon and orange zest, cinnamon, cloves and star anise (if using). Bring to a boil, then add the fruit and its soaking liquid.
3. Bring back to the boil, reduce the heat and simmer for 30-40 minutes, stirring occasionally, until the fruit has softened and the liquid has thickened slightly.
4. For breakfast, serve warm or cold, with a big dollop of thick yoghurt. To smarten up for an evening meal, serve with or on a bed of crushed amaretti biscuits. You can buy these biscuits or even bake a Fairtrade version yourself (see our Recipe for Amaretti biscuits.)