



POACHED PLUMS WITH CINNAMON



MINUTES TO PREPARE
5



MINUTES TO COOK
15



SERVES
6

INGREDIENTS

450g plums, quartered and stoned
5 tablespoons water
1 heaped teaspoon dark brown sugar
1 cinnamon stick

LET'S GET POACHING

- 1 Place the ingredients in a medium sized saucepan and bring to the boil. Turn down to a low simmer and place a lid on top. Simmer for 10-15 minutes, or until the plums skins have burst and the fruit is soft and pulpy.

Enjoy!

"Mmmm... there's so much to love about these poached plums. They are really versatile; try them on their own, or with Greek yoghurt and honey, stirred through your morning granola, as a side to pannacotta, or as a sauce for roast duck. Absolutely delicious either hot or cold in whatever form!"

The amount of sugar you need will depend on how sweet the plums are. I've gone for a minimal amount here but increase it if the plums are still sour. Add the extra sugar bit by bit, tasting as you go, so that you get the right balance"