

Moroccan Apricots and Figs in Syrup



Serves up to 30

Equipment – saucepan, knives, scissors, wooden spoon, muslin, string, zester, scales, measuring cups and spoons.

Ingredients

200 g dried apricots

150 g dried figs

4 apples

3 whole cloves

3 bruised cardamom pods

½ teaspoon black peppercorns

55 g castor sugar

Zest of a lemon

1 cinnamon stick

String/ muslin or calico

Yoghurt, choc mint leaves to serve and garnish

Method

1. Cut apricots into quarters and figs into eighths.
2. Cover with warm water.
3. Stir sugar into the soaking liquid until it dissolves.
4. Tie spices into a piece of muslin.
5. Add them to the liquid and bring to the boil.
6. Return to a simmer.
7. Zest the lemon and add to the mixture. Add the cinnamon sticks.
8. Cut apples into approximately 1cm cubes.
9. Add the apples to the pot and continue to simmer. Cook gently until the apple is tender.

Set out enough small white bowls for everyone and divide the fruit and syrup between them. Add a small dollop of yoghurt and a mint leaf to garnish.