

Delectable Peach Compote

Ingredients

7 medium peaches, pitted, peeled and chopped
3 tablespoons Palm Sugar (or substitute light brown sugar)
juice of 1/2 lemon
1 or 2 Star Anise pods
3 tablespoons water
Pinch of kosher salt
1 teaspoon vanilla extract

Preparation

Cut each peach in half. Remove the pit and then carefully remove the skin with a paring knife. Cut each half in half again and then rough chop into bite-size pieces.

Place all the ingredients into a Dutch oven, set over medium-high heat. Stirring frequently, bring to a gentle boil. Once bubbling, continue cooking for about 10 minutes. If the sauce has not thickened to your liking, remove the peaches with a strainer spoon leaving only the sauce in the pan and boil until it reaches your desired thickness. As it cools the sauce may thicken a bit more. Remove the Star Anise pod before serving.

Note about serving:

You get the most flavor if the compote is served slightly warmed. When served on ice cream that is not practical or the ice cream will melt way too fast.

