

Fig Compote



Utensil:

3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

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Recipe Description:

This versatile compote recipe is a wonderful compliment to pork or a beef roast.

1 pound
light dried figs
(454
g)
4 ounces
lemon juice
(120
mL)
8 ounces
water
(240
mL)
2 tablespoons
sugar
(25
g)
¼ teaspoon
ground cumin
(1
g)
¼ teaspoon
cinnamon
(1
g)
⅛ teaspoon
ground cloves
(.5
g)
⅛ teaspoon
cayenne pepper
(.5
g)

Directions:

1. Trim the figs by cutting off the hard stem ends. Cut the figs into medium dice.
2. Combine all ingredients in sauce pan. Cook over medium heat.
3. When liquid begins to boil, lower heat to medium-low and

- simmer until liquid has evaporated.
4. Serve warm or cold.

Nutritional Information per

▼ Serving

Calories: 60
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 0mg
Total 17g
Carbs:
Dietary Fiber: 2g
Protein: 1g
