

Rosehip and Cranberry Compote with Cashew Cream

Ingredients

COMPOTE

3 cups apples, chopped
2 cups fresh cranberries
1/3 cup dried rose hips
1 Tablespoon lemon juice
1 cup apple cider
1 cup water
1 Tablespoons fresh ginger root, finely grated
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon cloves
sweetener to taste (optional)
1 cup walnuts

CASHEW CREAM

3/4 cup cashews, soaked for 30 minutes to 2 hours
a dash of apple cider vinegar
1/3 cup + 2 Tablespoons water
1 Tablespoon lemon juice
1 teaspoon maple syrup, or to taste
1 teaspoon vanilla extract
1 teaspoon liquid coconut oil (optional)
pinch of sea salt

Method

COMPOTE:

Place fruits (apples, cranberries and rose hips), lemon juice, apple cider and water in a covered pan and bring to a boil.

Reduce the heat to a low simmer. Continue to simmer for 20 minutes, stirring occasionally to prevent burning. After 20 minutes, the fruit should be soft and the mixture will look gelled or cooked down.

While fruit is simmering, toast walnuts at 300F for about 10 minutes, just until they are starting to lightly brown and smell fragrant. Crumble and set aside.

Add spices and optional sweetener. Stir for another 2 minutes. Let cool a bit, taste and adjust seasonings.

This can be served immediately although it's best after sitting for 24 hours or longer. Plop a dollop of cashew cream and a sprinkle of walnuts on top.

CASHEW CREAM:

Soak cashews for 30 minutes to 2 hours in warm water with a dash of apple cider vinegar, then drain.

Add all ingredients except the (optional) coconut oil and salt into a high-powered blender (or food processor, although it just won't be as smooth) and blend until smooth.

While blending, add (optional) coconut oil and the salt until integrated.

Pour into a serving dish and serve immediately, or let sit for a few hours in the refrigerator to thicken up.

Source: Rosalee de la Foret, <https://learningherbs.com/remedies-recipes/compote-recipe/> (Yield: 4 cups)
