

## ***Fresh Bing Cherry Compote***

*Author: How to Pick a Peach, by Russ Parsons*

*Carolyn T's  
Main Cookbook*

**Servings: 4**



**1 1/3 pounds cherries, fresh, Bing**  
**1/4 cup sugar**  
**1 whole clove**  
**1 whole allspice berry**  
**1 stick cinnamon, 1 1/2 inches long**  
**1/4 cup red wine**  
**1 1/2 teaspoons balsamic vinegar**

*Blog: Carolyn T's Blog:*  
*<http://tastingspoons.com>*

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*Per Serving (excluding unknown items): 143 Calories;  
1g Fat (7.1% calories from fat); 2g Protein; 33g  
Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol;  
17mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2  
Fruit; 0 Fat; 1 Other Carbohydrates.*

1. Pit the cherries. You want to have 1 pound of pitted cherries.
2. In a bowl combine the cherries and sugar. Stir and set aside for about 30-45 minutes.
3. Add 1/4 cup of red wine, stir and set aside for 15 minutes.
4. Pour the mixture into a flat, wide skillet (just large enough to hold the cherries in a single layer). Combine in a cheesecloth bag the cinnamon stick, clove and allspice. Tie together and place it into the pan with the cherries.
5. Bring the cherries to a boil and simmer at a fairly high heat for about 10 minutes, while the juices begin to thicken. The cherries will still be in one piece.
6. Remove from heat and add the balsamic vinegar to the mixture. Cool, chill, and serve over vanilla ice cream.