

Rainier Cherry Compote

My own concoction, but adapted from a Russ Parsons recipe, How to Pick a Peach



Servings: 10

1. Pit the cherries and use only perfect ones for the compote. Place them in a very wide skillet, so there is only one layer of cherries (use 2 pans if needed). Add the white wine, Balsamic vinegar, sugar, cinnamon, allspice, cloves and lemon zest.
2. Bring to a boil, stirring to dissolve the sugar, reduce heat, cover and simmer over very low heat for about 10 minutes until the cherries still hold their shape, but are medium-soft to the touch. Allow to cool to room temp, remove the spices (discard them) and place in a sealing container. Allow to chill for a day or so before using, if possible - to let the cherries soak with the winey syrup. These freeze well - make sure all the cherries are submerged in syrup as best you can. Serve over vanilla ice cream.

2 pounds cherries, Rainier type

1 1/3 cups sweet white wine, a sweet Riesling, or Sauternes, or late harvest something

1 1/2 tablespoons white Balsamic vinegar

2 tablespoons sugar, or Splenda

1 stick cinnamon, about 1 1/2 inches long

2 whole allspice berries

2 whole cloves

1 teaspoon lemon zest

Per Serving (excluding unknown items): 82 Calories; 1g Fat (9.9% calories from fat); 1g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>