

Cinnamon Pear Compote

Serves 4 to 6

Source: Whole Foods Market

A bowl of ice cream will be much improved with a bit of this sweet pear compote spooned over the top. Or to prove that it's not just for dessert, try spreading some on a sandwich with roasted pork loin, crisp lettuce and Dijon mustard.

Ingredients:

- 2 ripe but firm pears, peeled, cored and chopped
- 1/4 cup seedless raisins
- 1/3 cup apple juice
- 1/4 teaspoon ground cinnamon
- pinch grated nutmeg
- 2 teaspoons unsalted butter (optional)
- 1 tablespoon cider vinegar or red wine vinegar
- Salt and pepper to taste

Directions:

Put pears, raisins, juice, cinnamon, nutmeg and butter into a small pot and cook over medium heat, stirring occasionally, for about 10 minutes.

Add vinegar, salt and pepper and continue to cook until juice is thickened and pears just begin to fall apart, about 5 minutes more. Set aside to let cool for 5 minutes, then serve.