

POACHED QUINCES

Equipment needed –

Juicer large bowl, small knives, chopping boards, measuring cups, measuring jug, vegetable peeler, 2 large roasting trays, slotted spoon and foil.

Ingredients from the Garden –

- 10 quinces
- 2 lemons juiced
- 6 strips of orange rind

Ingredients from the Pantry –

- 2 cups of sugar
- 4 cups of water
- 2 vanilla beans, split and seed scraped
- 4 cinnamon sticks

What to do –

1. Preheat the oven to 200°C.
2. Juice the lemons and place the juice in a large bowl. Fill the bowl up with cold water and set aside. The quinces will discolour quickly after the skin has been peeled. So placing the quinces in the lemon water will help stop them from going brown.
3. Peel and core the quinces and cut each into 4 pieces. Place the cut quinces into the lemon water to stop them from going brown and set aside.
4. Measure out 2 cups of sugar and place one cup in each of the roasting dishes. Measure out 2 cups of water and place in 1 of the roasting dishes, then measure out another 2 cups of water and place in the other roasting dish.
5. Using a vegetable peeler, peel 6 strips of orange rind and place 3 in each of the roasting dishes.
6. Place 2 cinnamon sticks in each of the roasting dishes.
7. Split the vanilla beans and scrape out the seeds and place in the roasting dish (one bean and seeds for each dish).
8. Using a slotted spoon, add the quince to the roasting dish (half to each pan), cover the tray with aluminium foil and cook in the oven for 50-60 minutes, or until the quinces start to soften.
9. Remove the foil, turn the quinces and cook, spooning the syrup occasionally, for a further 30-35 minutes or until the quince is dark red and caramelised.

Serves –

- 28 students.

