

POACHED PLUMS



This Recipe comes from Charlotte Copas who is passionate about cooking and enjoys trying new recipes using fresh farm produce she picks with her children.

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This is so simple and produces a beautiful red liquid with soft plums. The Opal variety that The Fruit Fields grow are ideal. Poached plums make a lovely breakfast with yoghurt or a yummy pudding served with pouring cream.

WHAT YOU NEED

175g sugar

225ml water

2 star anise) optional

1 stick cinnamon)

450g plums

WHAT TO DO

1. Put the sugar and water into a heavy based saucepan and heat slowly until the sugar has dissolved.
2. Add the star anise and cinnamon if using (these add a delicate spiciness to the final poached plums which I love, but if you prefer a simpler flavour then leave them out).
3. Bring to the boil.
4. Add the plums (You can de-stone them if you want but my children love doing 'tinker, tailor, soldier', etc!).
5. Reduce the heat to simmer.
6. When the plums are soft and the skin is split then remove from the heat and allow to cool

Plums freshly picked from The Fruit Fields Pick Your Own are great for this Recipe. You can call the 24-Message Line Numbers for the Farms for details on opening hours and produce availability:

- ◆ Calves Lane Farm, Iver: (01753) 652727
- ◆ Lower Mount Farm, Cookham: (01628) 529511

