



Vanilla Apricot Compote

Compote Programme

Serves 4 – Preparation time: 10 min – Cooking time: 20 min – Resting time: 15 min

700 g apricots
60 g demerara sugar
2 vanilla pods
50 ml water
1 tbsp agave syrup
50 g sesame seeds
25 g grated coconut
60 g sugar

Wash and halve the apricots, and remove the stones. Dice them and put in a bowl. Slice the vanilla pods in half lengthwise and scrape out the seeds. Add them to the diced apricots along with the demerara sugar. Stir and leave the flavours to develop for 15 minutes.

Add the water and agave syrup to the blender, then add the apricots. Select the Compote programme, then press the Start/Stop button. When the programme is finished, pour the apricot compote into a bowl and chill. Mix the sesame seeds, grated coconut and sugar together. Heat a large non-stick pan and pour in the sesame seed mixture. Let caramelise for about 5 minutes, stirring, then pour onto greaseproof paper. Let cool, then break the mixture into large pieces. Serve the caramelised sesame seeds with the compote.

Tip:

Add fresh blueberries to the compote just before serving.