

The apple compote

Ingredients

2 apples per person: Chantecler or Reinettes
1 tablespoon of sugar per person
Cinnamon

Preparation

Peel the apples and cut them into eighth.
Put the apples in a saucepan and wet water at 2/3 of the height.
Sprinkle with cinnamon (optional).
Cook over medium or fairly strong heat until the apples are cooked (the knife must penetrate without problem in the piece of apple).
Add the sugar, mix.
Serve warm or cold.

Variants

Half or all of the apples can be replaced by pears.
In summer, we can also use peaches: it is soup of peaches, which we serve very cold.