



Cranberry apple compote

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Makes about 1 cup. Can easily be doubled or tripled.

INGREDIENTS:

- 1 spoonful ghee or 1 tbs. unsalted butter
- 3 cloves
- 1 cinnamon stick
- 1 star anise (optional)
- 1-inch piece ginger, peeled and sliced in half
- 1 cup cranberries, fresh or frozen, washed
- 2 cups apple, peeled, cored, and diced into quarter-inch cubes
- Splash of apple cider, cranberry juice, vinegar, or water
- Handful of sugar
- Pinch of salt

Melt the butter in a small saucepan. Add the spices and fry for a few minutes until fragrant, then remove and add the cranberries. Let them pop a little in the spiced oil, then add the apples and a splash of liquid. Heat to a simmer and add the salt and sugar. Continue simmering until the color is iridescent, some of the fruit has melted, and other pieces retain their shape, about 10 minutes. Serve warm with waffles, pancakes, or french toast, or with yogurt, or as a condiment on a cheese and charcuterie plate.