

How to make a mixed berry compote

A good mixed berry compote is a lot easier to make than I first thought. It works well over ice cream as a dessert, over some yogurt with your morning breakfast or even over [flapjacks](#) or as a [pancake](#) filling.



The key thing to remember is that berries, once mixed, can have a sharp taste to them especially if you are using blueberries or currants, which is why a spoonful or two of sugar really does help the medicine go down.

I also like to add a dash of rum or brandy, just to enhance the taste – don't worry, the alcohol burns off but you can substitute it for water if you prefer.

Ingredients (serves 2):

200g mixed berries (frozen are fine, but allow to thaw)
2 tbsp brown Sugar
1 tbsp rum or water

Method:

1. Place a saucepan over a medium heat. Add your berries to the pan and coat evenly with the sugar, bringing them to the boil.
2. Stir until all the sugar dissolves and bubbles start to appear on the sides of the pan. Add your rum or water.



3. Cook for another minute or two. Note: cooking too long will cause all the fruit to disintegrate, cooking too little will give the fruit a glazed look. I like to cook this compote until the blueberries look pulsed but the strawberries keep their shape, giving it a rustic look.

Try this scrumptious compote with some good, [old-fashioned flapjacks](#).