

Apple Stewed Fruit

Traditional Turkish apple stewed fruit (elma kompostu) - a healthy, warming dessert made with cinnamon and sugar. Easy 35-minute recipe.

10	25	35	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Apple Stewed Fruit

Ingredients

- 8 apple
- 1 cup granulated sugar
- 1 cinnamon stick
- 6 cup water

Instructions

- 1 Prepare the cooking liquid**

Combine 6 cups water and 1 cinnamon stick in a large saucepan. Bring to a rolling boil over high heat, then reduce heat to medium-low to maintain a gentle simmer.
- 2 Prepare the apples**

Wash 8 apples under cold running water and pat dry. Core and remove all seeds, then peel if desired. Cut into 1-inch cubes, keeping pieces uniform in size for even cooking.
- 3 Add the apple cubes to the simmering water.** Cover with a lid and cook for 15-20 minutes, until apples are fork-tender but still hold their shape without falling apart.
- 4 Add sweetener**

Stir in 1 cup sugar until completely dissolved, about 1-2 minutes. Continue simmering uncovered for 5 more minutes to concentrate the flavors.
- 5 Finish and serve**

Remove the cinnamon stick and discard. Remove from heat and let cool for 5-10 minutes before serving. Ladle the warm stewed apples and cooking liquid into individual bowls.

Tips

Choose apples that are firm and slightly tart for the best texture and flavor balance - varieties like Granny Smith, Honeycrisp, or Gala work exceptionally well.

Use a cinnamon stick rather than ground cinnamon for a more subtle, aromatic flavor that won't make the cooking liquid cloudy or gritty.

Keep the heat at medium-low to prevent the apples from breaking down too quickly - you want them tender but still holding their shape.

Taste the stewing liquid before adding all the sugar, as different apple varieties have varying natural sweetness levels that may require sugar adjustment.

Add the sugar only in the final 5-10 minutes of cooking to prevent the apples from becoming too soft and mushy.

Save some of the flavorful cooking liquid to serve with the fruit - it's delicious and contains concentrated apple and cinnamon flavors.

Allow the stewed fruit to cool slightly before serving, as the flavors develop and meld better at warm rather than piping hot temperatures.

For extra flavor depth, add a strip of lemon peel during cooking and remove it before serving - this brightens the overall taste without adding tartness.