

## Strawberry Mango Compote



Compote is another popular dessert sauce. It is very commonly served on top of your plated dessert or pastries (think strawberry topping on your pancakes). It also works well with fresh herbs like basil or mint that's been chopped or cut julienne.

Most fruits are easily substituted to make a compote but every fruit has a different flavor, water content, and sweetness so it's very difficult to generate a single rule. You may need to add sugar to your compote (add the sugar when you cook the fruit in the beginning) depending on how tart your fruit is as well. Keep in mind that you really can't strain a compote so seedy fruits like raspberries and blackberries will still have lots of seeds. You can go around this by pureeing your raspberries or blackberries first and straining the seeds but be sure to keep some berries whole or combine it with another fruit that isn't pureed so your compote has some character and texture.

Using different ground spices in the beginning is another way to flavor compote as is reduced liquids like wine or fruit juices. Remember to reduce your liquids first otherwise your compote will be runny. Depending on how juicy you want your compote to be add more or less water. A thicker compote will be easier to work with and shape but may not look as pleasant while a runnier compote will look nice and appetizing but may be difficult to place exactly where you want it. Generally, you want to err on the side of a runny juicy compote.

	2#	4#
Strawberries (Diced)	1#	2#
Mango (Diced)	1#	2#
Cornstarch	1 ounce	2 ounces

1. Combine mangos with strawberries (use about 75% to 90% of the fruit which comes out to about 13 ounces each with the 2# formula) in a pot and heat over the stove until bubbling
2. Make a slurry with cornstarch and water (4 – 8 ounces depending how juicy the fruit is)
3. Add slurry mixture to fruit and whisk to combine
4. Bring to a boil, boil for 1-3 minutes whisking (add more water if needed, whisk vigorously)
5. Stir in remaining fruit and immediately remove from heat.