

## Plums Poached in Apple Juice

### What to find:

600g plums  
200ml apple juice  
One teaspoon honey (optional)

### Kitchen Stuff:

Kitchen roll  
Knife  
Chopping board  
Saucepan and lid



### What to Do:

1. Wash the plums and pat them dry with kitchen roll. Cut larger plum varieties in half and remove the stone but smaller plums e.g. Victoria plums can be left whole.
2. Put the apple juice and honey into a small pan. Heat over a gentle heat to dissolve the honey.
3. Add the plums cover with a lid and simmer over a very low heat\* for 10-15 minutes until the plums are tender.

\*If you have a range cooker (or a slow cooker) this is brilliant for poaching fruits (cook long and slow) as the fruit will become very tender but keep its shape – not go splat! The apple juice sweetens without the need for too much additional sugar – the honey may not be necessary.

**ALWAYS HAVE A GROWN-UP IN THE KITCHEN WITH YOU, WHEN YOU COOK**

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