

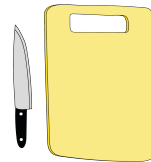
Recipe - Delicious Stove Top Stewed Plums

Enjoy delicious, local plums all year long by making fruit sauce and freezing it! This tasty sauce can be drizzled over oatmeal, yogurt, pancakes or even ice cream!



Equipment

- Cutting boards
- Knives
- 2 med-large pots or 1 larger stock pot



Ingredients

- 3-4 pounds Italian prune plums (other varieties work too)
- ½-¾ cup of water per pot
- Optional: 2 tablespoons sugar or honey per pot (or to taste)

Alternative Fruits: Try using pears, apricots, peaches or apples. Adjust the amount of water and sweetener depending on the fruit.

Directions

1. Wash the plums.
2. Cut each plum into halves or quarters, removing the pit.
3. Add sliced plums and water to the pot(s).
4. Cook over medium heat, stirring frequently, until the plums are gently simmering.
5. Next turn the heat to low and continue to simmer with the lid off, stirring often.
6. Cook until the plums are mushy and falling apart (at least 30 minutes).
7. Taste test and add sugar if needed.
8. Let the sauce cool then blend with a handheld immersion blender, regular blender or food processor.
9. Pour into freezer safe jars/containers and store in the freezer.