

Stewed Prunes (Pruneaux d'Agen)



Serves 4 **Prep 1 mins**

Cooking 30 mins

Easy

Ingredients

174g dried prunes (preferably pruneaux d'Agen), pits removed
360ml cold water
1 cinnamon stick

other ideas:

1 tsp vanilla extract (or almond)
1/2 tsp ground cinnamon
2 whole cloves
1 lemon slice
2 tbsp orange juice

1. Add the prunes and water (ensure the prunes are covered, use more water if necessary) to a small pot and bring to the boil.
2. Reduce the heat, cover with the lid and simmer for 30 minutes or until the liquid is thickening and the prunes are soft. If the liquid evaporates, add a little more water.
3. If using cinnamon or cloves, add them while simmering. Vanilla should be stirred into after simmering.
4. Serve warm, or allow to cool and store (with their juices from the pot) in a sealed container in the fridge for up to 5 days.
5. Notes: check there are no pits before adding your prunes to the pot. Some prunes are soft in the package or jar, while others can be tougher. If necessary, stew your prunes a little longer so they're nice and soft.
6. For the healthiest results, choose sun-dried prunes without sulphites.
7. If you're not used to eating prunes, enjoy them in moderation due to their laxative effect.
8. **To cook prunes in the microwave**, add the pitted dried prunes and 150ml of water to a microwave-safe bowl. Microwave on high for 3 minutes, stirring halfway through, or until the prunes are plump. Allow to cool slightly and enjoy.