Greek Spiced Quince Sweet

Method

- Rub the quince with a towel to remove the fuzz. Wash with cold water. Peel, remove the stems and tough parts.
- Cut into 4 pieces and remove seeds and tough middle part. Cut each piece in half (or three pieces if the fruit is very large).
- In a stainless steel pot, add the quince, sugar, lemon juice, quince juice and spices. Bring to a boil and simmer for 2 minutes.
- Transfer to a bowl and cover with parchment paper. Place in refrigerator overnight.
- Repeat this process for 4 consecutive days.
- On the fifth day, boil them in a stainless steel pot. Remove the froth and continue to boil for 10 minutes over low heat. Stir carefully.
- Remove the quince pieces with a spoon and put them in a jar. The syrup will be added to the jar when ready.
- Let the syrup come to a boil, one last time and pour it into the jar. Seal the jar.

Tip

You can keep the pits, seeds and the peel, to make quince juice!

Ingredients

- 1.5 kilo quinces
- 900 g granulated sugar
- lemon juice, of 2 lemons
- 2 cloves, whole
- 1/4 teaspoon(s) cinnamon, ground
- 1 pinch cardamom, ground

Διατροφικός πίνακας

Nutrition information per 100 gr.

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>171</td>
<td>0.0</td>
<td>0.0</td>
<td>40.0</td>
<td>44%</td>
<td>0%</td>
<td>14%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>9%</td>
<td>0%</td>
<td>0%</td>
<td>15%</td>
<td>44%</td>
<td>0%</td>
<td>14%</td>
<td>0%</td>
</tr>
</tbody>
</table>