



Recipe Category / Preserves and Marmalades

Greek Spiced Quince Sweet

20'
Hands on

4 days'
Hands off

20'
Cook Time

1 medium vase
Portion(s)

1
Difficulty



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.

171 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	40.0 Total Carbs (g)
9%	0%	0%	15%
40.0 Sugars (g)	0.0 Protein (g)	3.5 Fibre (g)	0.0 Sodium (g)
44%	0%	14%	0%

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!