

Berry Compote

A quick fruit sauce for yoghurt, pancakes and ice cream, made with fresh or frozen berries

DIFFICULTY Easy

COURSE Dessert

CUISINE Australian



PREP
5 min



COOK
10 min



TOTAL
15 min



SERVES
6



FREEZES WELL
Yes

01 Ingredients

- 400g mixed berries, fresh or frozen
- 3 tbsp caster sugar
- 1 tbsp lemon juice
- 2 tbsp water
- 1 tsp corn flour (optional)

02 Method

1. Put the berries, sugar, lemon juice and water in a small saucepan over medium heat.
2. Bring to a gentle simmer and cook for 5-8 minutes, stirring occasionally, until the berries soften and release their juices. Crush some with the back of a spoon if you like.
3. For a thicker sauce, mix the corn flour with a tablespoon of cold water, stir it in, and simmer for 1 minute until glossy.
4. Taste and add more sugar or lemon juice if needed. Serve warm or chilled.

04 Common mistakes

- **Boiling too hard** — high heat turns the berries to mush and scorches the sugar; keep it at a gentle simmer.
- **Adding too much sugar up front** — ripe berries vary in sweetness; start small and add more at the end.
- **Skipping the lemon** — it brightens the flavour and stops it tasting flat or overly sweet.
- **Using it on hot pancakes without chilling** — it is fine warm, but it thickens as it cools, so judge the texture once it has.

03 Notes & substitutions

- Use any berries - strawberries, blueberries, raspberries, blackberries, boysenberries or a mix. Frozen berries need no thawing.
- Add a strip of orange peel, a vanilla pod or a pinch of cinnamon while it simmers for extra flavour.
- Reduce the sugar for tart berries to taste, or use honey instead.
- Serve over yoghurt, porridge, pancakes, ice cream, cheesecake or pavlova.
- Cook it down for 10 minutes longer for a jammy spread.

05 Storage & leftovers

FRIDGE	Airtight jar, up to 1 week.
FREEZER	Freezes well for up to 3 months, in small containers or ice cube trays.
SHELF STORAGE	Not suitable for storing at room temperature - this is a fridge or freezer recipe, not a canning recipe.