

Poached Chokos



Serves	4
Prep time	15 minutes
Cook time	30 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert , Ingredient , Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 2 Medium chokos
- 1/4 teaspoon citric acid
- 1 teaspoon vanilla essence
- 2 tablespoons white sugar (or to taste)
- 2 cups water

Directions

1. Select small to medium sized fruit, with as few brown bits as possible, as these will be the tenderest.
2. Peel and cut the fruit into quarters or eights, removing the central core and any brown bits.
3. Place the water and sugar into a saucepan and heat until the sugar is dissolved. Add the chokos, citric acid and vanilla. Make sure the chokos are covered by the water.
4. Bring to the boil, then reduce the heat to a simmer. Poach the chokos until tender, about 25 to 30 minutes, depending on the thickness of the pieces.
5. Store the chokos in the sugar solution in the refrigerator until required, or drain and freeze for longer storage.



Note

Low Chemical / Failsafe

Poaching the chokos in a sugar syrup with vanilla and citric acid, gives them an apple taste. They can then be eaten as is, with ice cream or custard, or used in recipes where apple might be used.

To poach more chokos, increase the quantity of water to cover them in the saucepan and increase the remaining ingredients by the same rate.