

Fuyu Persimmon–Ginger Compote

Serves 4

- 600 g Fuyu persimmons (peeled, seeded, cut into 1–1.5 cm cubes)
- 30 g granulated sugar
- 20 ml lemon juice (or yuzu juice)
- 15–18 g fresh ginger (thin slices; remove before serving)
- 50 ml water
- 2 g salt + MSG blend
- 4–5 ml vanilla extract (optional)



Instructions

1. Add the persimmon cubes, sugar, lemon/yuzu juice, ginger slices, water, and salt/MSG to a medium saucepan.
2. Set over low heat and stir gently until the sugar dissolves.
3. Simmer **10–14 minutes**, uncovered, until the persimmons soften but still hold their shape.
4. Remove the ginger slices.
5. Stir in the vanilla extract, if using.
6. Serve warm or at room temperature over vanilla ice cream.

Nutrition (Compote Only)

Total Dish:

Kcal: 346 | Protein: 2 g | Fat: 0 g | Sat Fat: 0 g | Carbs: 90 g | Sugars: 78 g | Fiber: 12 g | Sodium: 780 mg | Omega-3: 0 g

Per Serving:

Kcal: 87 | Protein: 1 g | Fat: 0 g | Sat Fat: 0 g | Carbs: 23 g | Sugars: 20 g | Fiber: 3 g | Sodium: 195 mg | Omega-3: 0 g

Notes

- Very ripe persimmons may need only **40 ml water**.
- A splash of mirin (**5 ml**) gives a glossy, lightly Japanese-style finish.
- Keeps 3 days in the fridge; warm slightly before serving.
- Works well over ice cream, yogurt, French toast, or pancakes.