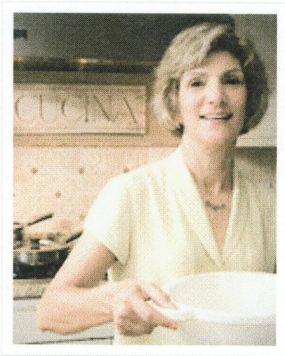


Energy: 1022 kJ/ 243 cal; Protein 8 g; Fat 7 g; Carbohydrate 46g; Fibre 9g

▀ Posted by GI Group at [1:12 AM](#) [0 comments](#)

In the GI News Kitchen

American dietitian and author of *Good Carbs, Bad Carbs*, **Johanna Burani**, shares favourite recipes with a low or moderate GI from her Italian kitchen. For more information, check out [Johanna's website](#). The photographs are by Sergio Burani. His food, travel and wine photography website is [photosbysergio.com](#).



Fruit compote with Grand Marnier

Italians eat fruit for dessert. Fresh fruit must be just that – fresh. As the winter season draws to an end, before the spring berries and early fruits like apricots and cherries appear, cooks take their not-so-fresh-anymore apples and pears and slowly stew them, often adding spices and liqueur. Here's how I do it.

Makes 9 half-cup (approx) servings

3 large cooking apples (Cortland, Jonathan, Macintosh)

2 ripe pears (Bosc)

1½ tbsp Grand Marnier liqueur

1/8 tsp ground cardamom