

Porridge



for

Parkinson's

Dried Fruit Poached in Port

- 12 prunes
- 8 figs
- 4 apricot/peach halves
- 4 pear halves
- 3 pieces candied ginger
- 1 clove
- 5 allspice berries
- 5 peppercorns
- 1 star anise
- 1-inch cinnamon stick
- 1 cup port

1. Combine all ingredients in a medium saucepan and bring to a boil. Turn heat very low and cover. Cook about 30 min., at which point most of the port will have been absorbed.

2. If the fruit is tender, it's done. If not add ½ cup water, bring to a boil again, cover and cook another 15 min. Repeat as necessary.

3. Remove the fruit with a slotted spoon, then strain the liquid to remove the spices. Serve a portion of the fruit warm, cold or at room temperature with a spoonful or two of its juice.

Mark Bittman is Noel's cooking hero. This is from his book, *The Minimalist Cooks at Home* (Broadway Books, 1999).