

YIELD

John's Bavarian Dessert





John's *Bavarian Dessert*

What's the dish?

Obstmuss

Why is it important to me?

Every Christmas, my Mama would make Obstmuss as my cousins, aunts and uncles gathered for a celebration. We would savour it together while singing Christmas carols around the fire.

When they came to Canada, Mennonites would work on farms, and it was important to preserve fruit for winter — and like the Canadian tradition of Fruit Cake — Obstmuss would bring the taste of fruits to the winter season.

Ingredients/Directions:

- 2 quarts of cold water
- 1/2 cup of each of the following: raisins, prunes, apricot, pears, and apples
- Add 1/2 tsp cinnamon and 1/4 tsp. star anise
- Cook until fruit is soft
- In a small bowl mix 1 tbsp. of corn starch with 1/2 cup of cold water, add to fruit and bring back to a full boil
- Add sugar to taste
- Let cool
- Serve with homemade Tapioca pudding

Have a
flavourful
Holiday!

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