



Dominican Mirlitons in Spiced Syrup

(Adapted from a recipe by Clara Gonzalez)

Ingredients:

- * 3 mirlitons
- * 1 cup of brown sugar
- * 1 1/2 teaspoons of cinnamon
- * 3 star anise (most large grocery stores have it)
- * 3/4 teaspoon of ground cloves
- * 1/2 teaspoon salt
- * 1 quart of water

1. Cut mirlitons in half and peel and core (no need to peel if it's a thin-skin imported chayote)
2. Slice very thinly (a mandoline works well)
3. Mix all the ingredients in a saucepan
4. Add 1 quart (32 oz) of water
5. Heat over medium heat. Simmer. Stir regularly to cook uniformly, and skim the foam that forms on top if it looks like it might overboil.
6. The mirliton is cooked when the liquid has reduced to about 1 1/2 cups. It should be al dente (about 15-20 minutes)
7. Remove from the heat.
8. Cool before serving. It will stay in the refrigerator for about a week.

9. Serve as is or over ice cream, cornbread, or biscuits.



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