

## Membrillo (Quince Paste)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1034 kcal

SIDE DISH

### Ingredients

- 4 pounds quinces washed cored peeled roughly chopped
- 1 vanilla pod split
- 2 strips lemon zest white yellow ( ) (only the peel, no pith)
- 3 Tbsp juice of lemon
- 4 cups granulated sugar

### Equipment

- food processor
- bowl

- frying pan
- sauce pan
- baking paper
- oven
- blender
- plastic wrap
- baking pan
- wooden spoon
- aluminum foil
- wax paper
- microwave

## Directions

- Place quince pieces in a large saucepan (6–8 quarts) and cover with water.
- Add the vanilla pod and lemon peel and bring to a boil. Reduce to a simmer, cover, and let cook until the quince pieces are fork tender (30–40 minutes).
- Make quince purée: Strain the water from the quince pieces. Discard the vanilla pod but keep the lemon peel with the quince. Purée the quince pieces in a food processor, blender, or by using a food mill.
- Measure the purée: Measure the quince purée. Whatever amount of quince purée you have, that's how much sugar you will need. So if you have 4 cups of purée, you'll need 4 cups of sugar.
- Heat purée to dissolve sugar, add lemon juice: Return the quince purée to the large pan.
- Heat to medium–low.
- Add the sugar. Stir with a wooden spoon until the sugar has completely dissolved.
- Add the lemon juice.
- Cook on low heat until thick and dark pink: Continue to cook over a low heat, stirring occasionally, for 1–1 1/2 hours, until the quince paste is very thick and has a deep orange pink color.
- Put in low oven to dry: Preheat oven to a low 125°F (52°C). Line a 8x8 baking pan with parchment paper (do not use wax paper, it will melt!). Grease the parchment paper with a thin

coating of butter.

- Pour the cooked quince paste into the parchment paper-lined baking pan. Smooth out the top of the paste so it is even.
- Place the membrillo paste in the 125°F oven for an hour or longer to help it dry out. (If you have a convection or fan setting for your oven, use it.)
- Remove from oven and let cool.
- Serve: To serve, cut into squares or wedges and present with Manchego cheese. To eat, take a small slice of the membrillo and spread it on top of a slice of the cheese. Store by wrapping in foil or plastic wrap, and keeping in the refrigerator.
- Note: The first time I made this the top part set, but the bottom had not. To fix, I emptied the quince paste into a large pyrex bowl and put in the microwave. I cooked it on high in 5 minute increments for 20 minutes. During the last minute one of the edges started to caramelize and turn brown. This you don't want to have happen, as the caramelized parts destroy the flavor, but in this case it was a good indication that the rest of the quince paste was ready. I discarded the browned parts and returned the rest to a newly lined baking dish. Back into the oven for an hour and it was done to perfection.

## Nutrition Facts

**PROTEIN 0.68%** **FAT 1.07%** **CARBS 98.25%**

### Properties

Glycemic Index:26.27, Glycemic Load:160.89, Inflammation Score:-4, Nutrition Score:11.737391211092%

### Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 1034.2kcal (51.71%), Fat: 1.31g (2.01%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 269.77g (89.92%), Net Carbohydrates: 261.06g (94.93%), Sugar: 199.9g (222.12%), Cholesterol: 0mg (0%), Sodium: 20.29mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin C: 73.04mg (88.53%), Fiber: 8.7g (34.82%), Copper: 0.61mg (30.3%), Potassium: 909.96mg (26%), Iron: 3.29mg (18.27%), Vitamin B2: 0.18mg (10.36%), Vitamin B6: 0.19mg (9.37%), Magnesium: 37.04mg (9.26%), Phosphorus: 78.07mg (7.81%), Vitamin B1:

0.09mg (6.25%), Selenium: 3.94µg (5.62%), Calcium: 53.24mg (5.32%), Vitamin B3: 0.92mg (4.6%), Folate: 15.92µg (3.98%), Vitamin B5: 0.38mg (3.84%), Vitamin A: 182.36IU (3.65%), Zinc: 0.21mg (1.39%)