

Poached pears in red wine



Preparation time 5 mins
cooking time 20-30 mins
Serves 12

Ingredients:

3 cup sugar
3 cup red wine
3 cup water
3 cinnamon stick
6 star anise
2 vanilla bean (split)
12 just ripe pears, with stems

Method:

- Place sugar, red wine, water, star anise, vanilla bean, cinnamon into a large saucepan. Stir over medium-high heat until sugar dissolves and mixture comes to the boil. Reduce heat and simmer for 5 minutes until slightly reduced.
- Meanwhile, peel pears and remove cores using either an apple corer or a small knife and teaspoon. Lower pears into poaching liquid and simmer, for 20-30 minutes, or until tender. Turn pears occasionally during cooking so they colour evenly. Serve with cream.

Tip:

You can replace the red wine with extra water if you prefer.