

RED WINE AND SPICE POACHED PEARS

EQUIPMENT

PEELER, CHEF'S KNIFE, TEASPOON OR PARISIAN SCOOP, MEDIUM SAUCEPAN

INGREDIENTS

2-4 PEARS, 1 BOTTLE OF RED WINE (SHIRAZ OR SYRAH),
250GM CASTER SUGAR, 2 STAR ANISE, 5 CARDAMOM PODS,
3 CLOVES, ¼ VANILLA BEAN

METHOD

POUR WINE INTO A MEDIUM SIZE POT AND ADD SUGAR, SCRAPED VANILLA BEAN AND SPICES

PLACE OVER HIGH HEAT AND BRING TO THE BOIL AND BOIL FOR 3 MINS

PEEL THE PEARS, CUT IN HALF AND USE THE TEASPOON OR PARISIAN SCOOP TO REMOVE THE SEEDS

REMOVE THE WINE FROM THE HEAT AND ADD THE PEARS AND COVER WITH SOME BAKING PAPER

PLACE IN A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 30 MINS

ONCE COOKED REMOVE THE POT FROM THE OVEN AND ENSURE THE PEARS ARE COOKED, LEAVE THE PEARS TO SIT IN THE LIQUID UNTIL COOL OR FOR AT LEAST 4 HOURS

WHEN READY TO SERVE REMOVE FROM THE LIQUID AND SERVE WITH A LITTLE OF THE COOKING LIQUID

HINTS & TIPS

- THE BEST PEARS FOR POACHING ARE CORELLA PEARS, THEY DRAW THE POACHING LIQUID WELL AND HOLD THERE SHAPE

- SERVE THE PEARS WITH FRESH CREAM, BERRIES AND TORN MINT

- YOU CAN USE A FULL FLAVOURED WHITE WINE INSTEAD OF RED IF YOU PREFER, ADD A PINCH OF SAFFRON TO THE POACHING LIQUID FOR A NICE GOLDEN HUE ON THE PEARS