

Poached Pears

An excellent, light dessert with pears poached in wine and spices. Love the juices!

Makes 4 Servings

4 Bosc pears, peeled & cored, seeds removed (a melon baller is a good tool for this)

Juice of 1/2 a lemon or more to taste

2 Tbsp. sugar

1/4 cup liquid honey + more if necessary

1 cup white wine

1/2 cup water

1/2 a vanilla bean or 1/4 tsp. pure vanilla extract

2 whole cloves

Approximately 1/4 of a whole star anise

1" piece of cinnamon stick

2 or 3 whole black peppercorns (opt.)

Split the vanilla bean in half lengthwise to open & expose the seeds; scrape the seeds from the bean. Place all the ingredients, except the pears into a deep large skillet & bring to a boil; reduce the heat to low & taste to see if the mixture is sweet enough, adding a bit more honey to suit your taste.

Place the pears into the poaching liquid; cover & simmer for 10 minutes, turning the pears over after 5 minutes, checking with a very sharp knife to test for doneness. The pears should be just tender. Remove them to a glass dish large enough to hold the pears in one layer, using a slotted spoon.

Reduce the liquid until slightly syrupy, adding a bit more lemon juice if desired, then pour over the pears; chill the pears until cold or chill overnight.