

Poached Pears in red wine

Ingredients;

1 bottle dry red wine
1 cup ruby port
¾ cup berry sugar
3 tablespoons honey
juice of ½ lemon
1 cinnamon stick
1 vanilla bean, split lengthwise
3 inch piece of orange rind
1 clove
1 black pepper corn
1 cardamom pod
4 firm red pears

Place all ingredients, except pears, in saucepan large enough to hold the pears standing up. Heat gently, stirring occasionally to ensure all the sugar has dissolved.

Peel the pears, leaving the stem on. Cut a small piece from the bottom of each pear so that they can stand up. Place the pears in the wine mixture and simmer, uncovered for 15 to 25 minutes, depending on the size of the pears. They should be soft but not mushy.

Using a slotted spoon, very carefully transfer the pears to a bowl, Boil the poaching liquid until reduced to about half. Cool, then strain the liquid over the pears and chill for at least 2-3 hours. If leaving over night, cover with plastic wrap and occasionally turn the pears in the liquid.

Place on serving dishes and spoon a little of the red wine syrup over the pears.

Serve with a slice of Blue cheese, whipping cream or sour cream.

The following local ingredients
are available seasonally from
HEARTLAND QUALITY FOODS;

- Pears
- Honey
- Heavy cream

